

Sautéed Kale

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Servings: 1

Prep & Cook time: 10 minutes

- 1 large head Organic Kale, rinsed and chopped
- 1 Tablespoon Organic Refined Organic Coconut Oil (hexane free)
- 1 cup Organic Vegetable or Chicken Broth, Unsalted
- 1 teaspoon Nutritional Yeast
- 1 teaspoon Organic Gluten Free Tamari
- To taste - Pink Himalayan Sea Salt
- To taste - Organic Black Pepper
- (Topping) 1 Tablespoon Extra Virgin Olive Oil

Instructions:

1. Rinse your head of kale well under cold water. Pat dry.
2. On a large cutting board, cut your kale leaves into bite sized pieces (I prefer to remove the end part of the stems). Put cut up kale pieces in a separate bowl and set aside.
3. Over medium heat, melt refined coconut oil.
4. Add your whole bowl of chopped kale and the chicken broth to the large skillet. Steam over medium heat for about 5 minutes or until the collards begins to wilt.
5. Add Coconut Aminos, Nutritional Yeast, black pepper and a dash of salt (to taste), & black pepper to the steamed collards. Drizzle Olive Oil over everything and mix well with a large spoon.
6. Serve immediately! Enjoy!