

EASY KALE WITH BACON

SERVES 6

Preparation time: 20 minutes

Cook time: 20 minutes

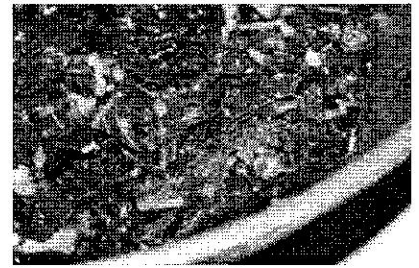
INGREDIENTS

- 4 bacon slices, coarsely chopped
- 1/2 cup onion, chopped
- 2 garlic cloves, chopped
- 2 bunches kale, stems cut away or peeled and leaves chopped into 1-inch pieces
- 1/2 teaspoon salt
- Ground pepper to taste

DIRECTIONS

1. Sauté bacon in large pot over medium heat until crisp and brown. Remove bacon to paper towel. Set aside
2. Remove bacon drippings reserving 1 tablespoon. Sauté onion and garlic 2 minutes in bacon drippings.
3. Add chopped kale to onion mixture. Cover and cook 10 minutes until kale wilts and is almost tender, stirring occasionally.
4. Season kale with salt and pepper. Cook uncovered until liquid has cooked away.
5. Add bacon pieces and serve.

Nutritional Info per Serving: Calories: 74; Total Fat: 5g; Polyunsaturated Fat: 1g; Monounsaturated Fat: 2g; Saturated Fat: 2g; Trans Fat: 0g; Cholesterol: 8mg; Sodium: 240mg; Potassium: 224mg; Carbohydrates: 6g; Fiber: 1g; Sugar: 1g; Protein: 3g; Vitamin D: <1µg (1%); Calcium: 57mg (6%); Vitamin A: 582RE (116%); Vitamin C: 47mg (78%); Iron: 1mg (4%)



TIPS & VARIATIONS

- **LEAVE OUT THE BACON** and sauté onions and garlic in 1 tablespoon vegetable oil.
- **TRY SWISS CHARD** in place of kale.

SIMPLY GOOD EATING

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