

# Starters, Sides, and Complements

## Easy Sautéed Kale

This is a super easy side dish to make. Kale is so versatile and one of the simplest ways to prepare it is by a quick sauté.

### You'll Need

- 1 ½ pounds chopped kale, stems removed
- 2 tablespoons olive oil
- 3 cloves finely chopped garlic
- Salt
- Crushed red pepper
- Freshly grated Parmesan cheese

### Directions

- Heat oil in a skillet. Add crushed red pepper and garlic and sauté until fragrant.
- Next add kale and sauté until softened.
- Serve topped with some freshly grated Parmesan cheese

### Play with Your Food

- Add some freshly diced tomato
- Add some Kalamata olives



Medwell Kitchen Tested