Garlic-Lemon Kale

**Ingredients**
- 1/2 tablespoon olive oil
- 1 pound rinsed kale, stems and inner rib removed, coarsely chopped
- 2 garlic cloves, minced
- 1/2 tablespoon fresh lemon juice (about 1/4 to 1/2 of a lemon)
- 1/4 teaspoon salt
- Small pinch of black pepper

**Recipe Notes**
If you like a little heat, add 1/4 teaspoon crushed red peppers flakes in with the garlic in step 2. For extra flavor, sprinkle the finished kale with Parmesan cheese. To make this a more filling dish, add a 15-ounce can of drained white beans after you uncover the pot in step 4. You can also serve the kale on whole wheat toast or with pasta or brown rice.

**Procedure**
1. Heat olive oil in large skillet over medium-high heat. Add kale and sauté for about 5 minutes, until slightly wilted.

2. Add the garlic. Cover and cook for 6-8 minutes, until kale is tender.

3. Uncover and cook an additional 2 minutes. Add the lemon juice, salt, and pepper.

4. Store leftovers in airtight container in the refrigerator for up to 4 days.

**TOTAL TIME**
20 min

**SERVINGS**
6

**COST PER SERVING**
$0.67