



Sauteed Kale with Golden Garlic and Dates

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Once you've tried this tasty dish, you'll find yourself making it again and again.

Ingredient List

Serves 4

- 2 Tbs. olive oil
- 1/3 cup thinly sliced cloves garlic
- 3 bunches kale, tough ribs removed, chopped (1 3/4 lb.)
- 1/3 cup slivered pitted dates
- 2 tsp. sherry vinegar

Directions

1. Heat oil and garlic in skillet over medium heat 6 to 8 minutes, or until garlic starts to brown, stirring occasionally. Spread garlic on plate in single layer. Add a few handfuls of kale to pan, and stir until it wilts. Add remaining kale a few handfuls at a time; sauté 5 minutes, or until tender, stirring occasionally.

2. Transfer kale to colander to drain, pressing to remove excess liquid. Return kale to pan, and stir in dates and vinegar. Heat 2 to 3 minutes, or until heated through. Season with salt and pepper, if desired. Serve sprinkled with garlic.

Nutritional Information

Per 1/2-cup serving: Calories: 143, Protein: 4g, Total fat: 6g, Saturated fat: <1g, Carbs: 23g, Cholesterol: mg, Sodium: 36mg, Fiber: 4g, Sugars: 11g

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