BASIC SAUTEED KALE  
Ingredients  
• 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided  
• 1-1 1/2 pounds kale, ribs removed, coarsely chopped (see Tip)  
• 1/2 cup water  
• 2 cloves garlic, minced  
• 1/4 teaspoon crushed red pepper  
• 2-3 teaspoons sherry vinegar, or red-wine vinegar  
• 1/4 teaspoon salt  
  
1. Heat 1 tablespoon oil in a Dutch oven over medium heat. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute. Add water, reduce heat to medium-low, cover and cook, stirring occasionally, until the kale is tender, 12 to 15 minutes. Push kale to one side, add the remaining 1 teaspoon oil to the empty side and cook garlic and crushed red pepper in it until fragrant, 30 seconds to 1 minute. Remove from the heat. Stir in vinegar to taste and salt.  
Tips & Notes  
• Tip: A 1- to 1 1/2-pound bunch of kale yields 16 to 24 cups of chopped leaves. When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it—allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.  
Nutrition  
Per serving: 80 calories; 5 g fat ( 1 g sat , 4 g mono ); 0 mg cholesterol; 7 g carbohydrates; 0 g added sugars; 2 g protein; 1 g fiber; 176 mg sodium; 515 mg potassium.