



Braised Kale with Butternut Squash

4 servings

2 Tb extra virgin olive oil

4 cloves garlic minced

¼ tsp red pepper flakes

1 butternut squash (about 2 lbs) peeled, seeded and cut into 2" pieces

1 large bunch kale, large stems removed, cut into ½" strips

Sea salt

- In a large sauté pan, heat 2 Tbs of olive oil over medium heat. Make sure the pan is large enough to hold the butternut squash in one layer
- Add butternut squash, stir to coat with oil. Add ½ the garlic, red pepper flakes. Sauté 1 minute.
- Cover cook on medium/low heat to caramelize the squash. You want it to get a little brown but not burn. Cook for 5-7 minutes until the squash begins to get tender.
- Add the remainder of the garlic. Stir.
- Add kale and sea salt. Stir to get the kale to wilt.
- Cook for 3-5 minutes stirring frequently until the kale is tender.
- Serve and enjoy.

- You can keep it in the refrigerator and serve the next day, reheat before serving. It can also sit out at room temperature for 2 hours, reheat before serving.

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