



Sautéed Kale with Delicata Squash

KALE is a super food. As member of the Brassica family of vegetables along with cabbage and Brussels sprouts. Kale has large amounts of anti-cancer phytochemicals and B vitamins. Kale is strongly anti-inflammatory, high in fiber, low cholesterol. Kale has more nutrients for fewer calories than almost any other food. It has the highest amount of antioxidants of any vegetable.

I like to use delicata squash because the skin is very thin so you don't have to peel it. If you can't find delicata squash use butternut squash but you need to peel it first.

2-4 servings

2 Tb extra virgin olive oil

4 cloves garlic minced

¼ tsp red pepper flakes

1 delicata squash, 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 squash in one layer
- Add squash, stir to coat with oil. Add red pepper flakes. Sauté 1 minute.

- Cover cook on medium/low heat to caramelize the squash. You want it to get a little brown. Cook for 5-7 minutes until the squash begins to get tender and caramelize.
- Add the garlic. Stir.
- Add kale stems and sea salt. Sauté a few minutes. Add the rest of the kale. 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.