**Sautéed Kale with Garlic and Lemon Zest**

Mediterranean vegetable side dishes are often simple to make and delicious, using extra virgin olive oil at medium-low heat, garlic, and lemon—a wonderful combination. You can substitute the kale for spinach, broccoli, green beans, and other green vegetables—the key is fresh produce.

**Prep Time:** 10-15 Minutes  
**Serves:** Two

**Ingredients:**  
3 tablespoons extra-virgin olive oil  
½ medium onion, sliced finely  
5 cups fresh kale, chopped  
¼ teaspoon sea salt  
½ teaspoon dried thyme (or Fines Herbs)  
2 medium garlic cloves, minced  
1 teaspoon lemon zest  
2 teaspoons fresh lemon juice

**Directions:**  
Heat a sauté pan to medium heat, add olive oil, then onion slices and heat for 2 minutes, until onion softens.

Add kale, salt, and thyme, stirring occasionally for 2-3 minutes, until kale starts to wilt.

Reduce heat to simmer, add garlic and lemon zest, heat another 1-2 minutes with a sporadic stir.

Add lemon juice and remove from heat and serve.

Enjoy,

Steven Masley, MD