

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