



From our farm to your table

Sauted Kale

1 1/2 lbs. kale leaves
1 clove garlic, minced
Salt and pepper to taste

4 strips bacon
1/2 cup chicken broth

Rinse and chop kale leaves, discarding stems below leaves. Fry bacon until crisp, remove from pan and drain. Reserve 2 Tbsp. bacon drippings in pan. Add garlic, kale and broth to pan. Cook, stirring until kale wilts, about 2 minutes. Cover and continue to cook on low heat about 15 minutes longer until kale is tender, stirring occasionally. Drain any extra liquid, then season with salt and pepper. Top with bacon.

Serves 4