

Kale with Caramelized Shallots

Prep Time: 10 minutes

Cook Time: 10-12 minutes

Total Time: 20 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

2 tablespoons grapeseed oil, divided
4 shallots, thinly sliced
1 tablespoon lemon juice
1 teaspoon white wine vinegar
½ teaspoon sugar
1 bunch kale, removed from stems and coarsely chopped
¼ teaspoon salt
¼ teaspoon pepper

Directions:

1. Heat 1 tablespoon grape seed oil in a large skillet (cast-iron if you have one) over medium high heat. Add shallots and sauté for 6-8 minutes or until very soft and caramelized.
2. Add lemon juice, vinegar, and sugar.
3. Stir to deglaze pan and cook another 2 minutes.
4. Add the kale and pour the 1 remaining tablespoon oil on top as well as the salt and pepper. Stir well and allow kale to sauté for 3-5 minutes. The kale is done when it is slightly wilted but still a vibrant green color - the goal is to keep some of its crispiness.
5. Stir well and serve!

Tips and Tricks:

This is another one of those recipes that can win over folks who are not kale lovers...give it try!

Nutritional Information Per Serving:

Calories: 149.4
Fat: 8.1 g
Cholesterol: 0.0 mg
Sodium: 207.6 mg
Total Carbohydrate: 18.7 g
Dietary Fiber: 5.2 g
Sugars: 3.4 g
Protein: 5.5 g