

Steamed and Sautéed Kale

Pound kale, the younger the better

1/4 cup olive oil

1/4 cup garlic, peeled and thinly sliced (about 5 or 6 cloves)

1/2 teaspoon red pepper flakes

1 teaspoon salt

If the stems are greater than 1/4 inch in diameter, strip the leaves and discard the stems. Otherwise, cut the stems into 1-inch lengths and coarsely chop the leaves.

Place the olive oil in a large saucepan. Add the garlic, pepper flakes, and salt, and cook on high heat for about 1 minute. Meanwhile, wash the kale in cold water, lifting it out of the water and shaking it briefly to remove most of the water. Add it to the saucepan. (The water remaining on the kale is enough for the cooking process). Cover and cook on high heat for approximately 4 to 5 minutes, until the kale is wilted and just tender but still a little firm.

From Mark Bittman, *Leafy Greens* (2012).