



Citrusy Braised Kale

Ingredients

1 bunch of very fresh kale - any kind, I use curly kale
1/2 seeded datil pepper chopped
1 **tablespoon** cold pressed olive oil (grape seed or safflower cans be substituted)
Grated zest of 1 lemon
1 **teaspoon** French Sea salt (do not use table salt - kosher salt can be substituted)
2 **tablespoons** chopped garlic chives or scallions
Juice of 1 lemon
Fresh ground pepper

Directions

1. Soak kale in a bowl of warm water, swishing it well to loosen dirt and “bruise” it lightly. Rinse kale and place it in a strainer. Chop kale by the handful and return it to the bowl.
2. Heat a large sauté pan on medium heat. Add oil and when it begins to ripple, add scallions and datil pepper. Sauté briefly.
3. Add kale a handful at a time, turning with a wooden spoon until each handful wilts.
4. Lower heat to medium-low, add lemon zest and salt, stirring until kale is tender but still moist.
5. Remove from heat and stir in lemon juice. Season with fresh ground pepper and additional sea salt to taste.

Serve warm or cold.

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