



Ingredients

- 2 c Kale
- 2 cloves minced garlic
- ½ onion chopped
- 1 tbsp canola or coconut oil
- Sea salt and black pepper to taste

Yield: 4, ½ cups

Directions

1. Sautee garlic and onions in preheated pan with oil for 2-3 minutes, then add kale. Add sea salt and black pepper to taste.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	60	4	1.3	6	Varies

Carbohydrate Exchanges: 1/3