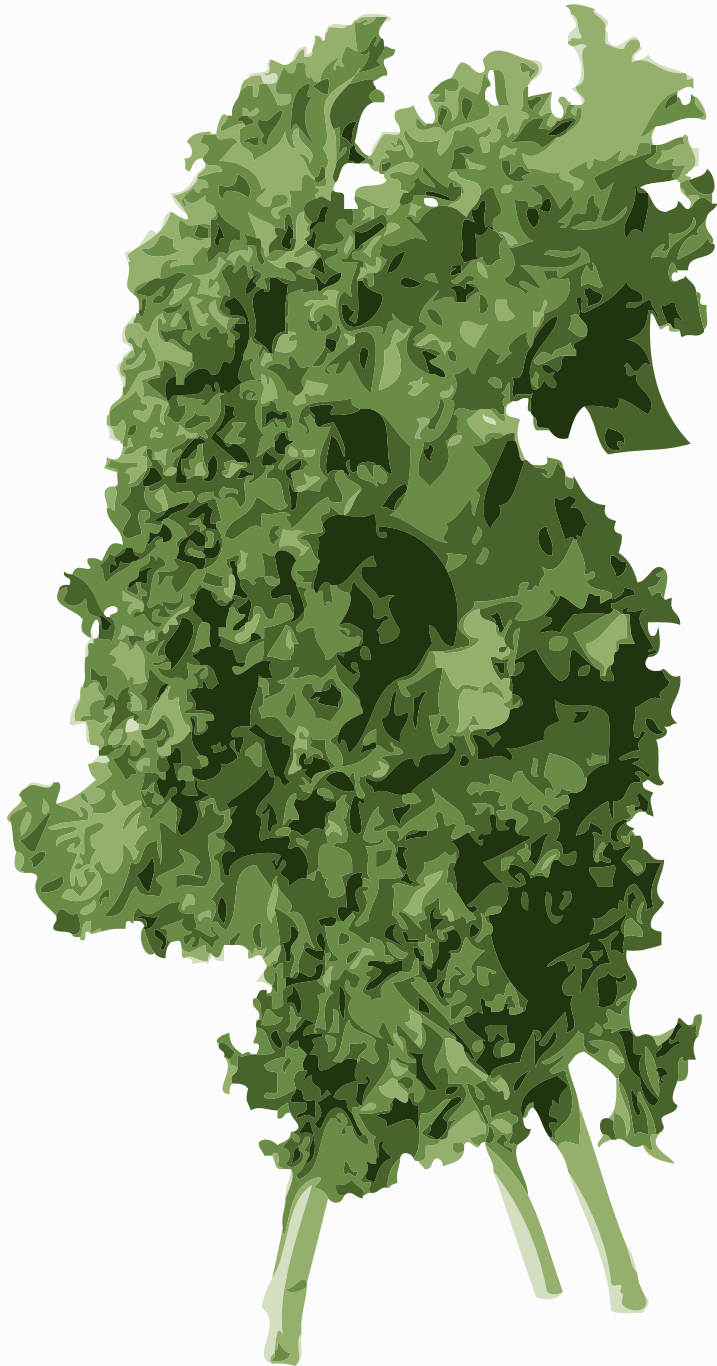


SPICY GARLIC KALE



1 bunch kale (5-6 large leaves)
2-3 garlic cloves
1/2 ts red pepper flakes
2-3 tb olive oil
1/2 ts coarse sea salt

Wash and slice kale into one inch strips. Heat olive oil in skillet over medium heat. Finely dice garlic and add to oil with red pepper and sea salt. Stir continuously so garlic does not burn. Add kale and stir to coat each piece with oil. Cover and let cook 3-5 minutes stirring every minute or so.

