

## Abernethy Kitchen Garlic-y Kale

- 1 bunch kale of your choice
- 1 Tablespoon olive oil
- 1 Tablespoon garlic- minced
- 1 Tablespoon soy sauce or tamari

Put a large pot of water on to boil

Stem kale and tear into bite-sized pieces.

Once water boils, turn off heat. Place prepared kale into pot of water and, using tongs or a long handled spoon, stir kale so as to fully submerge all pieces. Allow to blanch for 2-4 minutes.

Drain water/kale into a colander in the sink.

Allow to cool for a few minutes then spin in a salad spinner or shake out into a clean towel to remove excess water.

In a small sauce pan, gently warm olive oil over medium low heat.

Add garlic and cook briefly- then add soy sauce and swirl to combine (do not let the garlic brown too much or it will have an off flavor.)

Pour soy sauce-olive oil-garlic mixture over kale and thoroughly combine.

Enjoy warm or cold-

Variations include using sesame oil instead of olive oil and garnishing with sesame seeds or adding red chili flakes or garlic chili paste if you like some spice.