

Kickin' Kale

You can substitute collard greens or swiss chard for the Kale but Kale packs a very powerful nutritional punch, being high in vitamins A, B, C and K, as well as calcium and iron and other minerals.

Ingredients:

1 Tbsp olive oil

3 slices bacon

2 medium size shallots

2 cloves garlic, minced

½ tsp sea salt

½ tsp freshly ground black pepper

1 and ½ c. no salt added chicken broth

1 pinch red pepper flakes

1 lb. Fresh kale, cut into 2" pieces

Heat oil in large pot over medium high heat. Add bacon and cook until crispy. Remove bacon from pan, crumble and then return to pan. Add shallot, cook until tender, about 5 minutes. Add garlic and cook just until fragrant. Add kale and fry until it starts to wilt.

Pour in chicken broth, season with salt and pepper and add pinch of red pepper flakes. Reduce heat to low and simmer, covered, for 45 minutes or until greens are tender. Serve.