



Roasted Garlic Kale

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 bunches of kale, roughly chopped. Discard bottom 2"
- 2 big cloves of garlic minced
- 2 tbsp of extra virgin olive oil
- salt & pepper

Instructions

Preheat oven to 350° F. Thoroughly toss kale, garlic, olive oil, 2-3 pinches of salt and cracked pepper. Spread out over baking sheet. Roast for 12 minutes, carefully toss again and continue roasting for another 5 minutes. Edges of kale should be brown and crispy.

I sometimes substitute lettuce with this kale in burgers. Totally different flavor. So good!

Awesome side dish with damn near anything too and kale is one of the most healthiest greens available year around.