

# Sauteed Garlicky Kale

1. Add coconut oil to a large pan over medium heat.
2. Once warm, add kale and all remaining ingredients besides the lemon juice. Sauté until kale is deep green and wilted, about 4-5 minutes.
3. Finish with lemon juice and enjoy!

Recipe from:

<https://www.tastingtothrive.com/2021/01/04/sauteed-garlicky-kale-recipe/>

Total time: 10 minutes