

Sautéed Kale Salad

Ingredients:

- 1 Bunch of Kale
- Handful of Cherry Tomatoes
- 1 Tablespoon Avocado or Olive Oil
- ½ teaspoon Onion Powder
- ½ teaspoon Garlic Powder
- Salt and Pepper to Taste

Optional Toppings:

- Lemon Juice
- Over Easy Egg
- Sliced Almonds or Pecans
- Goat or Feta Cheese Crumbles



Instructions:

Add 2 teaspoons oil to a pan over medium heat. Once warm, add kale, garlic powder, onion powder, and chili powder. Toss until evenly coated. If there is not enough oil to lightly coat the kale, drizzle a small amount over top and toss. Cook until kale begins to slightly char or get a little color, toss and repeat.

Place cooked kale onto serving dish and set aside. Add 2 teaspoons oil into the same pan over medium heat. Once oil is warm, add the cherry or grape tomatoes and toss in the oil. Cook until the tomatoes start to blister or look roasted to your liking.

Top the kale with the pan roasted tomatoes and add any extra topping you desire. I like to top mine with goat cheese, an egg, or some simple lemon juice. Salt and pepper to your liking.

Cooking Notes:

- For a more charred kale, if preferred, leave in the pan a bit longer.

Source: <https://www.followyourplate.com/>