Easy kale with bacon

A bowl of cooked kale with pieces of bacon
Recipe credit

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About this recipe

Serves
6
Serving size
1/6 of prepared recipe
Time to make
15 minutes preparation; 20 minutes cook time

Ingredients

- 4 bacon slices, coarsely chopped
- 1/2 cup onion, chopped
- 2 garlic cloves, chopped
- 2 bunches kale, stems cut away or peeled and leaves chopped into 1-inch pieces
- 1/2 teaspoon salt
- Ground pepper to taste

Directions

1. Saute bacon in large pot over medium heat until crisp and brown. Remove bacon to paper towel. Set aside
2. Remove bacon drippings from pan, reserving 1 tablespoon. Saute onion and garlic 2 minutes in bacon drippings.
3. Add chopped kale to onion mixture. Cover and cook 10 minutes until kale wilts and is almost tender, stirring occasionally.
4. Season kale with salt and pepper. Cook uncovered until liquid has cooked away.
5. Add bacon pieces and serve.

Tips and variations

- For a vegetarian healthier version of this recipe, leave out the bacon and saute onions and garlic in 1 tablespoon vegetable oil.
- Try Swiss chard in place of kale.

- If you have leftovers, mix the cooked greens with cooked brown rice and eat as a salad or in a wrap. Cooked greens are also great mixed into scrambled eggs or served on pizza.

Nutritional info

Calories
92
Total fat
5 g
Saturated fat
2 g
Cholesterol
8 mg
Sodium
221 mg
Total carbohydrates
8 g
Dietary fiber
3 g
Protein
5 g
Total sugar
2 g

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