

Sauteed Garlic Lacinato Kale with Avocado Oil

<https://brickhousenutrition.com/blogs/recipes/sauteed-garlic-lacinato-kale-with-avocado-oil>

Prep Time: 5 mins Servings: 2

What You'll Need:

ITEM	AMOUNT
Lacinato Kale, chopped	3 Cups
Garlic, chopped	3 Cloves
Avocado Oil	2 Tbsp
Sea Salt	1 Pinch

Follow These Simple Steps:

1. Start by preheating a large skillet over medium heat with the avocado oil. Add the kale and garlic and saute for 3-5 minutes or until the kale leaves have wilted.
2. Season with salt and enjoy as a healthy side dish.

LET'S SEE YOUR RESULTS! Tag [@brickhousenutrition](#) on Instagram!