

Holiday Kale Side Dish with Sundried Tomatoes and Scarlata Farms Garlic Olive Oil

Ingredients

Fresh Kale from your local farmer's market or grocery store
Scarlata Farms Garlic Olive Oil
Chopped Garlic
Italian Sundried Tomatoes in Olive Oil
Salt with Fennel
Healthy Gourmet- Sicilian Bread Dip
Shaved Parmesan Cheese

Prep Time: 5mins
Cook Time: 8 mins
Total: 13-15 mins
Serves: 4-6

We carry all ingredients at Scarlata Farms Cellar, with the exception of Kale

Chop your fresh kale in pieces, removing the big stem

Place garlic olive oil in your pan and saute your garlic for only 1-2 minutes. *Do not let the garlic brown.

Place your kale in the pan and stir.

Add your sundried tomatoes and continue to toss until cooked down and add the remaining kale if you have some left.

Sprinkle a teaspoon of salt with fennel over your kale and toss

Add 1-2 tablespoons of Sicilian Bread Dip and toss

The kale should be cooked now. Turn off your heat.

Add shaved parmesan cheese and place the lid on your pan until it melts.

**You can add grilled chicken for a main dish.

ENJOY!

Kim Scarlata, Scarlata Farms Cellar