

FRIED DINO KALE

1 bunch Dino Kale, washed and sliced
3 Tbsp. Olive oil
1 clove Garlic, minced
Salt & Pepper
Balsamic vinegar

Put large Sauté Pan on Hot burner—Add Olive oil—get Hot.
Add Garlic, Salt & Pepper, move it around fast (so it won't burn).
Add all Dino kale at once—Toss around
Add a little Balsamic vinegar over top and cook until all is fried.

This is a very fast dish so stay with it!