



SKILL CARD

How to: SAUTÉ KALE

Step 1:

Remove stem and tear/cut kale into bite sized pieces, per the “How to Prepare Kale” skill card.



Step 2:

Add a quarter-sized splash of olive oil into a skillet and set to medium-high heat.

Step 3:

Add kale, and a pinch of salt.

Step 4:

Cook, stirring frequently, until kale is...

