

Black Garlic Kale



Ingredients;

- 2-3 cloves black garlic
- 3 cloves regular garlic
- 1/4 white onion
- 2 tbsp. olive oil
- 1 tsp black truffle oil
- 1/2 tsp balsamic vinegar
- 1/4-1/2 cup water
- 3-4 cups kale or other dark greens
- salt, red and black pepper to taste

Instructions;

In a medium saucepan, heat regular garlic and onions in olive oil.

After about a minute add black garlic and season with the salt, red and black pepper.

When regular garlic and onions are translucent, add kale, truffle oil, balsamic and water. Cover for a few minutes to steam.

Once the kale has wilted, toss it carefully to evenly distribute seasoning.

Allow the kale to steam until most of the liquid has evaporated.

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