



Kale with Coconut Oil

4-6 servings

INGREDIENTS

- 1 large head of kale
- 2 medium onions, chopped
- 2 Tbsp coconut oil
- 1 Tbsp soy sauce or Bragg's (a soy sauce alternative)
- 1 Tbsp balsamic vinegar

DIRECTIONS

1. Remove ribs from kale and cut into 1 ½ inch pieces.
2. Sauté onions on low to medium heat in coconut oil until soft, translucent and caramelized. Onions will sweeten the longer you cook them.
3. Add kale and cook for about 5 minutes until tender. (add a small amount of water if needed).
4. Remove from heat and add soy sauce (or Bragg's) and balsamic vinegar.



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