

Selah V. Fitness - Recipes

KICKIN' KALE

INGREDIENTS

1 Tbs. Olive Oil
1 Tbs. Minced Garlic
1 Onion
1 lb chopped Kale
1 C. chopped black or green olives
Coarse Sea Salt to taste
Black Pepper to taste

DIRECTIONS

Heat Olive Oil in a large pot, add Minced Garlic, add 1 sliced Onion - soften for 5 minutes, until slightly caramelized.

After the 5 minute Yoga Warm-up, throw in the chopped Kale, add olives, add Coarse Sea Salt and Pepper to taste.

Mix everything around so that Kale is coated with Olive Oil

Let cook for 15 minutes while you do the Yoga workout!