

Garlic and Parmesan Braised Greens

Ingredients

1/3 c Olive Oil
1 Garlic Bulb (halved)
1 Onion (thinly sliced)
2 Kale Bunches (torn)
2 oz Parmesan (grated)
0 ds Salt
0 ds Ground Black Pepper

Instructions

1.Heat olive oil in a Dutch oven over medium heat. Arrange garlic halves, cut side down, in pot and scatter onion around. Season with salt and pepper. Cook, stirring onion occasionally but keeping garlic cut side down, until onion is deep golden, 6-8 minutes.

2.Add kale to pot by the handful, stirring and letting it wilt slightly before adding more, season generously with salt. Cook, stirring often, until all of the kale is deep green and just wilted, about 3 minutes.

3.Add 1 1/2 cups water, cover pot partially with a lid, and cook stirring, until liquid is reduced by half and kale is tender, 12-15 minutes.

4.Add Parmesan to kale and cook, stirring until cheese is melted and incorporated, about 5

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minutes. Taste and season with more salt and pepper, if needed.