

RED WINE BRAISED KALE

INGREDIENTS

1 Tablespoon Blended Oil

2 large Shallots

4 Cups chopped Kale (any variety, about 1 bunch, stems removed)

2 Cups Red Wine (any varietal)

¼ Cup Honey

1 teaspoon Salt

DIRECTIONS

Peel and remove ends of Shallot and then slice in half and then crosswise.

Heat Oil over medium-high and then add Shallots, stirring constantly until nicely browned- a few dark pieces is okay.

Deglaze with the Wine and then add Honey, Salt and finally Kale.

Cook over medium heat for about 15 minutes, reducing the heat if necessary to maintain a steady but not too vigorous simmer.

Pairs well with grilled Chicken and roasted vegetables.