



# Sautéed Kale & Bacon

## Ingredients

- One Head of Kale
- One Small Onion - Diced
- ¼ lbs of Bacon - Cut into 1 inch pieces
- ¼ Cup of Water
- Salt & Pepper to Taste

## Prep Time

**TOTAL TIME: 15 MIN**  
**MAKES FOUR SERVINGS**

- Prep: 5 min
- Cook: 10 min

*"I wasn't so sure about this green stuff, but it's actually good!"*

PRO TIP: The bacon will add most of the salt, so little to no additional salt is actually needed.

## Directions

### STEP 1:

Rinse the kale, and then remove the stems. Then, tear the leaves into bite-sized pieces. Set these aside for later.

### STEP 2:

Cook the bacon in a frying pan until almost crisp. Be careful not to overcook or burn the bacon!

### STEP 3:

Add the diced onion into the pan with the nearly cooked bacon and sauté over medium heat until lightly browned.

### STEP 4:

Add the kale and toss a few times with the tongs.

### STEP 5:

Carefully add the water and reduce the heat to low. Cover and cook until the water has evaporated. This will take approx. five minutes.

### STEP 6:

Remove from heat and add salt and pepper to taste. Serve immediately and enjoy!