



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BACON KALE

Time: 40 minutes

Serves: 4 as a side

Ingredients:

8 thick slices bacon – cut into 1” squares
2 large shallots – halved and sliced
5 ounces baby kale
¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper

Preparation:

Preheat your oven to 400F. While it 's warming, place a small, heavy cast pot or uncovered dutch oven inside.

When the oven reaches temperature, carefully remove the pot and add the bacon to it. Stir the bacon around to release some fat and add the shallots. Stir them together and put the pot back in the oven for ten minutes.

Stir the bacon and shallots, continuing to cook in the oven for another ten minutes.

Stir in the kale, salt and pepper, then place back in the oven for eight minutes.

Stir once more and cook for another eight minutes.

Remove from the oven, dish up and serve immediately.

Nutritional Information Per Serving:

Calories: 225
Fat: 15g
Carbs: 10g
Fibre: 0.8g
Protein: 15g