

## **KALE SAUTEED WITH BACON**

### **Ingredients**

6 slices of bacon, Canadian bacon or ham, chopped

1 medium cooking onion, chopped

5 cloves minced garlic

1 ½ - 2 lbs kale, rinsed, middle stems removed and coarsely chopped

3 tblsp. Irish butter

½ cup chicken stock

¼ cup whipping cream

Juice from 1 lemon

Salt and pepper to taste

### **Preparation**

In a large skillet, cook the ham/bacon until crisp over medium-high. Remove ham and drain on paper towels. Leave 1 tblsp. fat in pan. Return pan to medium heat and melt butter, add onion and garlic until soft. Add kale and stir to combine. Add chicken stock and stir to combine. Cover and reduce heat to medium low. Stirring occasionally until kale is tender. Remove cover and add cream and lemon juice. Increase heat to medium high and cook until most of the liquid is evaporated. Add meat and adjust taste with salt and pepper.