

Kale Dip

Serves 4

Ingredients:

- 1 1/2 teaspoons oil
- 1 clove garlic, minced
- 3 cups kale leaves, thinly sliced
- 1/8 teaspoon salt
- 1 cup Greek yogurt
- 1/4 teaspoon cayenne pepper
- 1 tablespoon fresh lemon juice

Directions:

1. Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
2. Transfer kale to a bowl and add yogurt, mix until incorporated.
3. Season with cayenne pepper, dill and lemon juice.
4. Refrigerate leftovers within 2 hours.

