

## BRAISED KALE WITH SMOKED ALMONDS

from **The Flat Belly Diet Cookbook**

### Ingredients

- 2 Tbsp **olive oil**
- 1 large **red onion**, cut into thin wedges
- 3 Tbsp **red wine vinegar**
- 2 bunches **kale** (about 1 ½ lbs), trimmed and chopped
- ¼ cup **water**
- ½ tsp **salt**
- ¼ tsp **red-pepper flakes** (*optional*)
- ½ cup **smoked almonds**, coarsely chopped

### Preparation

- 1.** Heat oil in large pot or Dutch oven. Cook onion until lightly browned. Stir in vinegar to deglaze pan.
- 2.** Meanwhile, rinse kale, allowing water to remain on leaves. Add kale and water to pan, stirring and tossing until kale wilts. Stir in salt and red-pepper flakes.
- 3.** Transfer to serving bowl and sprinkle with the nuts.