

# **Kale**

## **Ingredients**

**canned or fresh kale  
water  
1 tbsp butter**

**1 tbsp flour  
salt and pepper to taste**

## **Directions**

**Chop canned/fresh kale very fine and cook with small ham bone or bacon in water until it cooks down as much as possible.**

**In separate pan put butter and flour and brown lightly. Add mixture to kale, and then salt and pepper to taste.**

**Grandma Esther Buholzer**