

# Kale

Excellent source of Vitamins A and C and good source of calcium and Vitamin B6



## Baked Kale Chips

- 1 bunch kale
- 1 T. olive oil
- 1 tsp. garlic powder

Preheat an oven to 350°F. Line a non-insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with garlic powder. Bake until the edges brown but are not burnt, 10 to 15 minutes. Makes 6 servings.

## Braised Great Northern Beans with Kale

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| 3 T. + 1 tsp. olive oil                 | 2 cups chicken or vegetable broth                          |
| 1 fennel bulb, trimmed, cored and diced | 1 cup water  |
| 1 yellow onion, diced                   | Kosher salt and ground pepper                              |
| 3 garlic cloves, thinly sliced          | ½ bunch kale, ribs removed, leaves thinly sliced crosswise |
| 3 fresh thyme sprigs                    | 1 T. chopped fresh parsley                                 |
| 1 cup dried Great Northern beans        |  |

In a 4-quart soup pot over medium-high heat, warm 3 T. olive oil. Add the fennel and onion and cook, stirring occasionally, until softened and translucent, about 10 minutes. Add the garlic and cook, stirring constantly, for 1 minute. Add the thyme sprigs, beans, broth and water and season with salt and pepper. Bring to a simmer, then reduce the heat to medium-low. Cover and cook, stirring occasionally, until the beans are tender, 50-60 minutes. Uncover the pot and remove and discard the thyme sprigs. In a fry pan over medium heat, warm the remaining olive oil. Add the kale and cook, stirring, until it is tender, 2-24 minutes. Stir the kale and parsley into the white bean mixture. Adjust the seasonings with salt and pepper. Transfer to serving bowl and serve immediately. Makes 4 servings.

## Kale and Grains

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| 2 garlic cloves                      | 2 cups cooked brown rice or barley. |
| 1 tsp. canola oil                    | Dash red pepper                     |
| 3 cups kale, ribs removed and sliced | Dash low-sodium soy sauce           |

Sauté garlic in oil over medium-high heat. Add kale. Cook and stir until bright green and wilted. Stir in cooked grains. Sprinkle with pepper and soy sauce. Makes 2 servings.

## Kale Salad

½ cup lemon juice  
1 T. canola oil  
1 T. olive oil  
1 tsp. sugar

½ tsp. salt  
¼ tsp. ground black pepper  
1 bunch kale, cut into bite-size pieces

1 large tomato, seeded and diced  
½ cup roasted sunflower seeds  
½ cup dried cranberries

Whisk lemon juice, canola oil, olive oil, sugar, salt, and black pepper in a large bowl. Add kale, tomato, sunflower seeds, and cranberries; toss to combine.

## Kale and Quinoa Salad

½ to 1 bunch kale, washed, stems removed & leaves cut into 1" strips  
3 T. red wine vinegar  
Kosher salt and freshly ground black pepper  
3 to 4 T. extra virgin olive oil

1 cup cooked white quinoa  
1 cup cherry tomatoes, halved  
¼ cup crumbled goat cheese  
¼ cup toasted pine nuts

Steep kale in hot water in a large bowl until it turns slightly brighter, 1 to 2 minutes. Remove and pat dry. In a small bowl, combine the vinegar and a pinch of salt and freshly ground pepper. While whisking, slowly drizzle in the olive oil. Pour half the dressing over the kale in a large bowl. Massage the kale leaves with your hands. Add the quinoa, tomatoes and more dressing and toss together with 2 spoons. Mix in the goat cheese and pine nuts. Transfer the salad to a serving dish. Allow to sit for 20 minutes before serving. Makes 4-6 servings.

## Braised Kale Frittata

6 large eggs  
4 large egg whites  
¾ tsp. kosher salt  
½ tsp. black pepper  
3 T. grated Parmesan cheese

2 T. chopped oregano  
Cooking spray  
2 cups kale  
¾ cup chopped cherry tomatoes

Preheat oven to 375°F. In a large bowl, whisk the first 6 ingredients (through oregano). Lightly coat an 8" ovenproof skillet with cooking spray. Heat over medium. Add the kale and tomatoes. Cook, stirring, until hot (about 3 minutes). Add the eggs and swirl to distribute. Transfer to the oven and bake until set and hot (about 20 minutes). Cut into 4 wedges.

## Kale and Potato Soup

¼ cup olive oil  
1 large sweet onion, diced  
2 cloves garlic, sliced  
1 spicy sausage, sliced

6 medium new potatoes, peeled and diced  
10 cups water  
1 lb. kale leaves, stalks remove, julienned finely  
Salt and pepper to taste

In a stockpot, heat olive oil over medium heat. Add the onions and garlic. Cook until soft and translucent. In a frying pan, cook the sausage, slice it and set aside. Add the potatoes to the pot and cover with water. Bring to a boil and lower the heat. Simmering until the potatoes are almost done, about 15 minutes. Remove the pot from the heat and crush some of the potatoes to thicken the broth. Return the pot to the heat and bring to a boil. Add the greens and simmer 2 minutes. Season with salt and pepper; ladle into bowls. Garnish with sausage. Makes 8 servings.

## Tomato-Kale Soup

½ cup diced onion  
1 T. minced garlic  
14 tsp. red pepper flakes  
1 T. olive oil

2 (28 oz.) cans low-sodium diced tomatoes in juice  
4 cups low-sodium vegetable broth

8 cups chopped kale (1 bunch)  
1 T. balsamic vinegar  
½ tsp. kosher salt  
Black pepper to taste

Sweat onion, garlic, and pepper flakes in oil in a large pot over medium-low heat until softened, about 5 minutes. Add tomatoes and broth, increase heat to high, and bring soup to a boil. Stir in kale, vinegar and salt. Simmer 15 minutes. Season with black pepper. Makes 4 serving.