

COOKING WITH KALE

Baked Kale Chips

“These are a low calorie nutritious snack. Like potato chips, you cannot stop at just eating one. They are great for parties and a good conversation topic.”

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

1. Preheat an oven to 350 degrees F. Line a non insulated cookie sheet with parchment paper.
2. 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 seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 min.

Kale Chips

- 1 bunch kale
- 1 tablespoon extra-virgin olive oil, divided
- 1 tablespoon sherry vinegar (any vinegar you like the flavor of will work)
- 1 pinch sea salt, to taste

1. Pre heat oven to 300 degrees F.
2. Cut away ribs , tear into pieces, wash & dry in a salad spinner.
3. Put the kale pieces into a large resealable bag (or use a bowl if you don't mind getting your hands oily). Add about half the olive oil; seal and squeeze the bag so the oil gets distributed evenly on the kale pieces. Add the remaining oil and squeeze the bag more, until all pieces are evenly coated and slightly 'massaged.' Sprinkle the vinegar over the leaves, reseal the bag, and shake. Spread the leaves evenly onto a baking sheet.
4. Roast in the preheated oven until mostly crisp, about 35 minutes. Check every 10 minutes and turn some pieces as needed. Season with salt and serve immediately.

Kale Krisps

- 2 bunches kale, washed and dried
- 2 cups shredded Cheddar cheese

Use grated Cheddar or Monterey Jack cheese; if you like lots of cheese, you can use more.

1. Preheat oven to 425 degrees F. Spray 2 baking sheets with cooking spray.
2. Remove the stems and ribs from the kale and shred very thinly. Spread the shredded kale onto the baking sheets, and sprinkle evenly with cheese.
3. Bake for 10 minutes, watching carefully to prevent burning, until the kale is crisp and the cheese is browned.

TRADITIONAL RECIPES:

Italian Kale

- 1 bunch kale, stems removed and leaves coarsely chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar

1. Cook the kale in a large, covered saucepan over medium-high heat until the leaves wilt.
2. Once the volume of the kale is reduced by half, uncover and stir in the garlic, olive oil and vinegar.
3. Cook while stirring for 2 more minutes. Add salt and pepper to taste.

Bean Soup with Kale

1 tablespoon olive oil
3 large garlic cloves, minced
1 medium yellow onion, chopped
5 cups chopped raw kale
4 cups broth
2 (15 ounce) cans cannellini beans,
undrained
4 plum tomatoes, chopped
2 teaspoons Italian herb seasoning
Salt and pepper to taste.
Chopped parsley.

1. In a large pot, heat olive oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted.
2. Add 3 cups of broth, 2 cups of beans, and all of the tomato, seasoning, salt and pepper. Simmer 5 minutes.
3. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Garnish with chopped parsley.