

## **DELICIOUS KALE RECIPES**

### **Kale Broccoli Salad**

#### INGREDIENTS:

- 2 Cups chopped kale
- 2 Cups broccoli florets
- 1/2 Cup Craisins
- 1/2 Cup toasted almonds, chopped
- 1/2 Cup Mayonnaise
- Balsamic vinegar
- 1 tsp sugar

#### DIRECTIONS:

In large bowl, mix mayonnaise thinned with balsamic vinegar, add sugar.

Toss first four ingredients together. Add mayonnaise mixture.

### **Toasted Kale & Coconut Salad with Sesame Oil**

- 1/3 cup extra virgin olive oil
- 1 TSP toasted sesame oil
- 2 TBL shoyu, tamari or soy sauce
- 3 1/2 lightly packed cups of chopped kale, stems trimmed, large ribs removed
- 1 1/2 cups unsweetened large-flake coconut
- 2 cups cooked farro or other whole grain (optional)

#### DIRECTIONS:

1. Preheat oven to 350 with 2 racks in the top third of the oven
2. In a small bowl, whisk together olive oil, sesame oil and shoyu. Put the kale and the coconut in a large bowl and toss well with about two-thirds of the olive oil mixture.
3. Spread the kale evenly across 2 baking sheets. Bake for 12 to 18 mins., until the coconut is deeply gold brown, tossing once or twice along the way. If the kale mixture on the top baking sheet begins to get too browned, move it to the lower rack.
4. Remove from the oven and transfer the kale mixture to a medium bowl. If you need a bit more dressing, add some and toss. Place the farrow on a serving platter and top with the tossed Kale.

### **Breakfast Bars with Kale**

- 1 cup chopped kale
  - 1 cup shredded carrots
  - 1/2 raisins
  - 1/2 cup cranberries
  - 1/2 cup shredded coconut
  - 1/2 cup toasted walnuts
  - 3 medium apples, chopped
- (recipe continued on next page)

1/2 cup bran flakes  
1/2 cup rolled oats  
1 1/4 cups flour  
1 tsp. salt  
1 tsp baking soda  
1/4 cup butter  
1/2 cup brown sugar  
1/4 cup white sugar  
2 eggs  
1 tsp vanilla  
1 tsp cinnamon  
1 tsp nutmeg  
1 tsp ground ginger  
1 tbsp orange zest

Preheat oven to 325 degrees. Cream together butter, sugars, egg and vanilla. Sift together flour, spices, salt and baking soda. Fold in together. Add oats, bran, and the rest of the ingredients. Mix well. Spray a 9X13 glass baking dish with cooking spray. Spread mixture evenly in dish. Cook in oven 30-40 minutes until middle is firm and sides are browned. Let cool completely. Cut and enjoy!

### **Bean Soup with Kale (8 servings)**

#### **INGREDIENTS:**

1 tbsp olive oil or canola oil  
8 large garlic cloves, crushed or minced  
1 medium yellow onion, chopped  
4 cups chopped raw kale  
4 cups low-fat, low-sodium chicken or vegetable broth  
2 (15 oz) cans white beans, such as cannelloni or navy, undrained (or drained —your choice)  
4 plum tomatoes, chopped  
2 tsp dried Italian herb seasoning  
Salt and pepper to taste  
1 cup chopped parsley

#### **DIRECTIONS:**

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

## **Kale Chips**

Prep time: 10 mins; Cooking time: 10 mins.

### INGREDIENTS:

1 - 2 bunches kale  
olive oil  
optional salt, pepper or dried herbs to sprinkle on top

### DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Remove kale from stalk, leaving the greens in large pieces.
3. Place a little olive oil in a bowl; use pastry brush or fingers to rub very light coating of oil on kale
4. Place kale on baking sheet and bake 5 minutes OR until it starts to turn a bit brown. Keep an eye on it — kale can burn quickly!
5. Turn kale over and bake with the other side up.
6. Remove from pan and serve.

## **Kale, Quinoa and Avocado Salad with Lemon Dijon Vinaigrette**

### INGREDIENTS:

2/3 cup quinoa  
1 1/3 cups water  
1 bunch kale, torn into bite-sized pieces 1/2 avocado - peeled, pitted, and diced 1/2 cup chopped cucumber  
1/3 cup chopper red bell pepper  
2 tablespoons chopped red onion  
1 tablespoon crumbled feta cheese

### Dressing:

1/4 cup olive oil  
2 tablespoons lemon juice  
1 1/2 tablespoons Dijon mustard 3/4 teaspoon sea salt  
1/4 teaspoon ground black pepper

### DIRECTIONS:

1. Bring the quinoa and 1 1/3 cup water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Place kale in a steamer basket over 1 inch of boiling water in a saucepan Cover saucepan with a lid and set kale until hot, about 45 seconds; transfer to a large plate. Top kale with quinoa, avocado, cucumber, bell pepper, red onion , and feta cheese.
3. Whisk olive oil, lemon juice, Dijon mustard, sea salt, and black pepper together in a bowl until the oil emulsifies into the dressing; pour over the salad.