

RECIPES FOR HEALTHY LIVING

KALE – THE “SUPER FOOD”

MARCH 2014



Cooking with Kale

There's a reason why sweet, earthy kale is the most popular of the greens these days: it's delicious, versatile, and incredibly nutritious. Kale contains beta-carotene and the antioxidants lutein and zeaxanthin—which are associated with eye health—as well as potassium, vitamin A, vitamin C, fiber, iron, and calcium. Plus, you get 2 grams of protein in a serving. Consider using kale as a stand-in for spinach in dishes.

When cooking with kale, cut and remove woody stems (ribs) and chop or tear leaves into pieces.

Kale Chips



Ingredients:

- 1 large bunch Tuscan kale (10 to 12 leaves)
- 1 tablespoon olive oil
- Sea salt to taste
- Fresh ground pepper to taste

Preparation:

If you cannot find Tuscan kale (aka dinosaur or dino kale) at your grocer, it's OK to substitute the recipe with another type of kale. Just make sure you remove the leaves from the tough parts of the kale. Don't discard the stem and ribs though — use them to make a veggie broth!

1. Preheat oven to 275°F.
2. Remove stalks and ribs from kale. Rinse and dry leaves.
3. Toss leaves in a large bowl with olive oil. Sprinkle leaves with sea salt and ground pepper.
4. Arrange leaves in a single layer onto a baking sheet.
5. Bake for approximately 30 minutes or until crisp.
6. Transfer and let cool onto a wire rack or paper towels.

Serves 2

Nutrition Facts	
Serving Size 121 g	
Amount Per Serving	
Calories 117	Calories from Fat 68
% Daily Value *	
Total Fat 7.5g	12%
Saturated Fat 1.0g	5%
Cholesterol 0mg	0%
Sodium 166mg	7%
Total Carbohydrates 11.4g	4%
Dietary Fiber 2.3g	9%
Protein 3.8g	
Vitamin A 349%	Vitamin C 227%
Calcium 15%	Iron 11%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Inspired by a dish from Blue Hill New York

Lentil and Carrot Salad with Kale



About This Recipe

Yield: serves 6 as a side

Active time: 20 minutes

Total time: 50 minutes

Lentils, carrots, onions, and kale are tossed with a light mustard vinaigrette.

This recipe appears in: *The Vegan Experience: The Importance of Hearty Make-Ahead Salads*

Ingredients:

1 cup Puy lentils
3 carrots, peeled and cut into 1/4 inch rounds
1 onion, split in half
1 clove
1 bay leaf
3 cups homemade or store-bought low sodium vegetable broth
Kosher salt and freshly ground black pepper
2 tablespoons olive oil, divided
1 bunch kale, ribs removed and cut into ribbons
1 medium clove garlic, minced (about 1 teaspoon)
2 teaspoons sherry vinegar
1 teaspoon Dijon mustard

Preparation:

Place lentils in a large saucepan and cover with cold water. Bring to a boil. Strain lentils and place back in pot.

Add carrots, onion, clove, bay leaf, broth, and a teaspoon of salt. Bring to a boil then reduce heat and simmer until lentils are tender, about 25 minutes. Drain pot. Place lentils and vegetables in a large bowl. Discard clove and bay leaf. Season to taste with pepper and more salt.

In a medium saute pan, heat olive oil over medium heat until shimmering. Add kale and cook, stirring frequently, until starting to tenderize, 3 to 4 minutes. Add garlic and cook, stirring constantly until fragrant, about 30 seconds. Season to taste with salt and pepper and add to lentils.

In a small bowl, whisk together olive oil, vinegar, and mustard. Season with salt and pepper. Pour vinaigrette over lentils and toss to combine. Serve immediately, or allow to cool and serve cold or at room temperature. Salad can be stored in a sealed container for up to 2 days in the refrigerator.

Two-Bean Soup with Kale



Prep Time: 30 Minutes

Nutritional Information

Amount per serving

- Calories: 250
- Fat: 10.4g
- Saturated fat: 1.4g
- Monounsaturated fat: 5.5g
- Polyunsaturated fat: 2.2g
- Protein: 11.8g
- Carbohydrate: 30.5g
- Fiber: 9.2g
- Cholesterol: 0.0mg
- Iron: 3.8mg
- Sodium: 593mg
- Calcium: 189mg

Ingredients:

- 3 tablespoons olive oil
- 1 cup chopped onion
- ½ cup chopped carrot
- ½ cup chopped celery
- ½ teaspoons salt, divided
- 2 garlic cloves, minced
- 4 cups organic vegetable broth – divided
- 7 cups stemmed, chopped kale (about 1 bunch)
- 2 (15 ounce) cans no-salt added cannellini beans, rinsed, drained & divided
- 1 (15 ounce can no salt added black beans, rinsed and drained
- ½ teaspoon freshly ground black pepper
- 1 tablespoon red wine vinegar
- 1 teaspoon chopped fresh rosemary

Preparation

1. Heat a large Dutch oven over medium-high heat. Add olive oil to pan; swirl to coat. Add onion, carrot, and celery, and sauté 6 minutes or until tender. Stir in ¼ teaspoon salt and garlic; cook 1 minute. Stir in 3 cups vegetable broth and kale. Bring to a boil; cover, reduce heat, and simmer 3 minutes or until kale is crisp-tender.
2. Place half of cannellini beans and remaining 1 cup vegetable broth in a blender or food processor; process until smooth. Add pureed bean mixture, remaining cannellini beans, black beans, and pepper to soup. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in remaining ¼ teaspoon salt, vinegar, and rosemary.

[Cooking Light](#)

OCTOBER 2009

Garlicky Mushrooms and Kale



Yield: 4
Active Time: 10 minutes
Total Time: 20 minutes

Ingredients:

- 1 teaspoon olive oil
- 6 cloves garlic, minced
- 1/4 teaspoon salt
- 8 ounces cremini or button mushrooms, sliced (about 2 cups)
- 1 pound kale, coarse stems removed, leaves sliced or torn into pieces
- Several pinches of freshly ground black pepper

Preparation:

Preheat a large skillet over medium heat. Sauté the garlic in the oil for about 2 minutes, being careful not to burn it. Spray it with a little nonstick cooking spray if needed. Add the mushrooms and sprinkle on the salt. Let them cook for 5 to 7 minutes, stirring often, until the moisture has released and the mushrooms are lightly browned. Add the kale and pepper, and use tongs to sauté for about 10 more minutes. Add splashes of water if the pan seems dry. The kale should be tender and cooked down pretty well. Serve immediately.

Adapted from Appetite for Reduction. Copyright © 2010. Published by Da Capo Lifelong Books.

Shrimp with Kale and Shiitakes



About this Recipe:

Yield: Serves 4
Active Time: 20 minutes
Total Time: 20 minutes
Special Equipment: 12 inch skillet

Ingredients:

- 2 tablespoons butter
- 1 onion, thinly sliced
- 1 pound shiitake mushrooms, stemmed and thinly sliced
- 6 cloves garlic, chopped
- 2 bunches Lacinato kale, stemmed and chopped into bite-sized pieces
- 1 1/2 pounds shrimp, peeled and cleaned
- 2 tablespoons soy sauce
- 1/2 cup dry white wine
- 1/4 cup heavy cream (optional)

Preparation:

Melt the butter over medium-high heat in a wide frying pan. Add the onion and shiitakes and cook, stirring occasionally, until the onions are softened, about 5 minutes. Add the garlic and cook, stirring, for one minute.

Add the kale by the handful and cook, stirring occasionally, until wilted and almost tender, about 3 minutes. Push the vegetables to the sides of the pan to make room for the shrimp. Then add the shrimp and cook, stirring occasionally, until not quite opaque, about 3 minutes.

Add the soy sauce, wine, and cream if using, and cook until sauce has thickened slightly, 2 to 3 minutes. Serve immediately.

From the Crisper Whisperer