

## Kale Chips

### **Base Ingredients:**

1 bunch kale, washed and **dried** (crucial step!)  
1 tbsp. olive oil

### **Flavor Variations:**

**Soy & Sesame:** 2 tbsp. soy sauce + 1 1/2 tbsp. sesame seeds

**Salt & Vinegar:** 1 quarter cup sherry vinegar + 2 tsp fine salt

**Lime & Chili:** Juice of 1 lime + 1 tsp lime zest + 2 tsp chili powder

**Balsamic Vinaigrette:** 3 tbsp. balsamic vinegar + 1 tbsp. Dijon mustard + 2 tsp Herbs de Provence

**Roasted Garlic:** 3 cloves garlic, finely chopped + 3 tsp garlic salt

**Creamy Dill:** 1 tbsp. sour cream mixed with base olive oil + 3 tbsp. fresh dill, chopped

**Extra Cheese:** 2 tbsp. Parmesan or Asiago cheese. Half mixed in the bag, half sprinkled on before baking.

## Kale Colcannon

- 5 large russet potatoes, peeled and cubed
- 1 bunch kale, stems removed and chopped
- 4 green onions, chopped
- 3 cloves garlic, minced
- 2 tbsp. butter + 2 tbsp. more for finishing
- 2 tbsp. olive oil + 2 tbsp. more for finishing
- 1/2 cup milk (approximate)
- Salt and pepper to taste

• Place potatoes in a large pot and cover with cold water and 3 good pinches of salt. Bring to a boil over medium high heat and cook for 15 to 20 minutes, or until potatoes are fork tender. Drain well and return to pot. (Off the heat, for now.) Heat 2 tbsp. olive oil and 2 tbsp. butter in a large skillet. Add garlic and stir, just until fragrant. Add chopped kale, stirring to wilt. Remove from heat.

• Heat milk, green onions and remaining butter in a small saucepan until the milk reaches a bare simmer. Return the potatoes to low heat, add the milk mixture and mash until desired consistency. Stir in the kale with and any drippings left in the skillet. If desired, stir in 2 additional tbsp. olive oil for flavor. Season to taste with salt and pepper.

## Sautéed Kale

- 1 bunch Kale
- Tbs. olive oil
- 1-3 cloves garlic to taste
- Salt or tamari to taste

Heat olive oil on medium-high; add garlic and sauté one minute. Wash Kale and add to pan while still moist and wilt. If there isn't enough moisture add a splash more water. It will probably take 10-15 minutes to soften but you can decide how much texture you want. Season to taste with salt or a splash of tamari or soy sauce.

## Lemon Kale Salad

- 1 bunch kale, washed
- zest of 1 lemon
- juice of 1/2 lemon
- 1 1/2 tablespoons olive oil
- freshly ground salt and pepper
- 1/4 cup chopped pine nuts or walnuts
- 1/4 cup shredded Parmesan cheese

Pull the kale leaves off the stalks. Chop into fine ribbons. Smaller is better!

Mix the lemon juice, lemon zest, oil and salt and pepper in a small bowl to make the salad dressing.

Work the dressing into the kale using your hands. Mixing with your hands helps work the dressing into the leaves, allowing the lemon juice to break down the toughness of the kale a little more.

Add the nuts and Parmesan and serve.

Preheat the oven to 300. Pour base ingredients into a large Ziploc bag.

Pour flavor ingredients in, and shake/smooth until they're relatively combined. Remove kale stems, and chop into large-bite-sized pieces (they'll shrink a bit while baking). Put the kale in the bag — don't press the air out. Shake, shake, shake then turn it upside down and shake some more. Once the chips are evenly coated, open the bag a bit and press air out. Re-seal, and now massage the kale through the bag. This will help the tough leaves take the flavor. Lay kale on a lined baking sheet (or one that's sprayed *lightly* with cooking spray). Pop 'em in the oven for 30 minutes or until crisp!

## Kale Pesto

- 4 cups chopped kale leaves, stems removed
- 3/4 cup chopped walnuts
- 1 cup shredded parmesan cheese
- 2 garlic cloves
- 1/2 cup olive oil
- Salt and pepper

1. Place all the ingredients in a large food processor. Pulse to fully combine.
2. If the mixture is clumpy add 2-4 tablespoons of water and pulse again. Taste, then salt and pepper as needed.

## Kale Caesar Salad

- 4 cups chopped fresh kale
- 4 cups chopped Romaine lettuce
- 2 cups croutons (\*I just toasted some French bread cubes)
- 3/4 cup grated Parmesan cheese
- 1/2 cup plain Greek yogurt (I used non-fat)
- 1/2 cup freshly-grated Parmesan cheese
- 3-4 tablespoons fresh lime juice
- 1 tablespoon extra-virgin olive oil
- 1-2 teaspoons anchovy paste, to taste
- 2 teaspoons worcestershire sauce
- 1 clove garlic, pressed or finely minced
- 1 teaspoon Dijon mustard
- 1/4 teaspoon sea salt
- pinch of black pepper
- 3-4 tablespoons milk

### TO MAKE THE KALE CAESAR SALAD:

1. Add the kale, Romaine, croutons, Parmesan, dressing, and tomatoes (if using) to a large bowl. Toss until combined.
2. Serve immediately.

### TO MAKE THE LIME CAESAR DRESSING:

1. Add all ingredients except milk to a small mixing bowl, and whisk together until combined and smooth. Whisk in a tablespoon of milk at a time until the dressing reaches your desired consistency.
2. Use immediately, or refrigerate in a sealed container for up to 3 days.

## Hide the Kale Smoothie

- 1 medium ripe banana, peeled, sliced and frozen (~3/4 cup)
- 1/2 cup frozen mixed berries (or sub blueberries)
- 1 heaping tbsp. hulled hemp seeds (organic if possible)
- 2 cups frozen or fresh kale, any kind
- 2/3 cup 100% pomegranate juice
- 3/4 – 1 1/2 cups filtered water

1. Add all ingredients to a blender and blend until smooth, adding more water as needed. Taste and adjust flavors as needed. Add more banana or agave for some added sweetness.
2. Serve immediately – enough for 2.