

Cooking with Kale

Quick Fix

- Substitute kale for spinach in raw or cooked recipes.
- Add to stir-fry recipes, pastas, sautéed vegetables, soups or smoothies.
- Use kale raw in salads or on sandwiches.
- Roast it in the oven for kale chips.

Kale and White Bean Soup

Ingredients:

- 1 cup **onion**, chopped
- 4 cloves **garlic**, minced or 1 teaspoon **garlic powder**
- 1 Tablespoon **butter** or **margarine**
- 2 cups **broth** (chicken or vegetable)
- 1½ cups cooked **white beans**
(1 can -15.5 ounces, drained and rinsed)
- 1¾ cups diced **tomatoes** (1 can -14.5 ounces with juice)
- 1 Tablespoon **Italian seasoning**
- 3 cups **kale**, chopped (fresh or frozen)

Directions:

1. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
2. Add broth, white beans, and tomatoes; stir to combine.
3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes: about 5 cups
Prep time: 15 minutes
Cook time: 15 minutes

Go to
FoodHero.org
for a great
Crunchy Baked
Kale Chips
recipe.

Kale Dip

Ingredients:

- 1½ teaspoons **oil**
- 1 clove **garlic**, minced or ¼ teaspoon **garlic powder**
- 3 cups **kale**, thinly sliced
- ½ teaspoon **salt**
- 1 cup low-fat **cottage cheese**
- ½ teaspoon **red pepper flakes** or
¼ teaspoon **cayenne pepper**
- 1 Tablespoon **lemon juice**

Directions:

1. Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
2. Transfer kale to a blender. Add cottage cheese and puree until smooth.
3. Season with red pepper flakes and lemon juice.
4. Refrigerate leftovers within 2 hours.

Note: No blender? Make a chunky version! Finely chop kale and garlic before cooking. Mash dip with fork.

Makes: about 1½ cups
Prep time: 10 minutes
Cook time: 5 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- * wash kale in a deep bowl of water.
- * strip the leaves off the stem.
- * measure and mix ingredients.

Massaging raw kale helps soften the leaves and reduce bitterness. Squeeze it with your hands in a bowl or plastic bag.