

Kale Recipes

All hale kale



RECIPE: KALE PESTO

Key Ingredients

- 2 cups Kale (remove stems)
- 1/4 cup extra virgin olive oil
- 2-4 garlic cloves
- 1/4 cup toasted walnuts
- 1/2 cup Parmesan cheese

Recipe

1. Add kale, olive oil, and garlic cloves to a food processor and pulse until smooth.
2. Add walnuts and pulse until blended.
3. Add Parmesan cheese and pulse until blended.



RECIPE: KALE CHIPS

Key Ingredients

- 1 bunch of Kale (remove stems)
- olive oil
- Desired seasonings, such as dried herbs or spices

Recipe

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Wash and dry kale using paper towel to blot.
3. Rip leafy parts of kale from the stems making small chip-like pieces.
4. Lightly drizzle kale pieces with olive oil and massage oil to coat leaves evenly.
5. Place kale pieces in a single layer on baking sheet and add desired seasonings.
6. Bake for approximately 15 minutes, checking and turning pieces halfway.



RECIPE: GARLIC SAUTEED KALE

Key Ingredients

- 1 bunch of Kale (remove stems)
- 1/4 cup olive oil
- 4 cloves of garlic, minced
- 1 onion, sliced
- 1/2 cup vegetable stock OR white wine
- 2 Tbsp. citrus juice (orange or lemon) OR red or white wine vinegar

Recipe

1. Over medium-high, heat olive oil in frying pan. Add sliced onion and sautee until softened and lightly brown. Then add garlic and cook for about 1 minute.
2. Over high heat, add chopped kale and stock/wine. Cover and cook until softened, about 5 minute.
3. Remove cover and cook for about 1-2 minutes, until juices have evaporated.
4. Add citrus juice/vinegar and add desired seasonings.

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Recipe Reference:

Harvard T.H. Chan School of Public Health-The Nutrition Source. "Kale". (2019). Retrieved from: <https://www.hsph.harvard.edu/nutritionsource/food-features/kale/>

New York Times Cooking. "Sauteed kale". Retrieved from <https://cooking.nytimes.com/recipes/12874-sauteed-kale>