**Kale**

*Asian Kale Salad*

**Ingredients**

- 1 bunch kale (about 8 oz.), chopped
- 1 bunch cilantro (about 4 oz.), chopped
- 3 green onions, thinly sliced on the diagonal
- 2 carrots, shredded (about 1 1/4 cups)
- 1/2 cup roughly chopped roasted almonds
- 1/4 cup reduced-sodium tamari or soy sauce
- 2 tablespoons seasoned rice vinegar
- 1 teaspoon toasted sesame oil
- Pinch of red chile flakes

**Directions**

Toss all ingredients together in a large salad bowl. Let sit, tossing often, until slightly wilted, 15 to 30 minutes.

*Whole-Grain Spaghetti With Kale and Tomatoes*

**Ingredients**

- 6 ounces whole-grain spaghetti
- 2 tablespoons olive oil
- 1 medium red onion, thinly sliced
- 2 cloves garlic, chopped
- kosher salt and black pepper
- 1 bunch kale, thick stems removed and leaves torn into bite-size pieces (about 8 cups)
- 2 pints grape tomatoes, halved
- 1/3 cup chopped roasted almonds
- 1/4 cup grated pecorino (1 ounce), plus more for serving

**Directions**

Cook the pasta according to the package directions. Reserve 1/4 cup of the cooking water; drain the pasta and return it to the pot.

Meanwhile, heat the oil in a large skillet over medium-high heat. Add the onion, garlic, ¼ teaspoon salt, and ⅛ teaspoon pepper. Cook, stirring occasionally, until beginning to brown, 4 to 5 minutes.

Add the kale and cook, tossing frequently, until tender, 2 to 3 minutes. Add the tomatoes and cook, tossing frequently, until the tomatoes begin to soften, 1 to 2 minutes more.

Add the kale mixture, almonds, pecorino, and reserved cooking water to the pasta and toss to combine. Serve with additional pecorino.
**Kale Chips**

**Ingredients**

- 1 bunch kale
- 1 spritz olive oil
- Lemon Pepper seasoning

**Directions**

- Preheat oven to 250 degrees.
- Wash kale.
- Pat dry, or dry however you like.
- Put on cookie sheet so pieces don't overlap.
- Spray with olive oil.
- Salt is optional.

Cook 20 minutes. Enjoy!

**Kale and White Bean Soup**

**Ingredients**

- 2 tablespoons olive oil
- 4 cloves garlic, chopped
- 2 stalks celery, sliced
- 1 large onion, chopped
- kosher salt and black pepper
- 215.5-ounce cans cannellini beans, rinsed
- 1 cup small soup pasta, such as tubettini, ditalini, or orzo (4 ounces)
- 1 bunch kale, thick stems discarded and leaves torn into 2-inch pieces (8 cups)
- 2 tablespoons chopped fresh rosemary
- 1/2 cup shaved Parmesan (2 ounces), plus 1 piece rind (optional)
- 1 tablespoon fresh lemon juice
- 1 loaf country bread, warmed

**Directions**

Heat the oil in a large pot over medium-high heat.

Add the garlic, celery, onion, 1 ½ teaspoons salt, and ½ teaspoon pepper and cook, stirring occasionally, until tender, 4 to 6 minutes.

Add the beans, pasta, kale, rosemary, 8 cups water, and Parmesan rind (if using). Cover and bring to a boil.

Reduce heat and simmer until the pasta and kale are tender, 4 to 5 minutes.

Remove the Parmesan rind. Stir in the lemon juice and sprinkle with the shaved Parmesan before serving. Serve with the bread.
kale the queen of greens

- anti-inflammatory
- 33 calories & zero grams of fat
- antioxidants
- 206% of vitamin A
- more iron than beef
- 684% of vitamin K
- more calcium than a container of milk
- 134% of vitamin C

10 Health Benefits of... Kale

1. Strengthen Immune System
2. Helpful During Pregnancy
3. Great for Heart Health
4. Lowers Cholesterol
5. Anti-Cancer
6. Great for Eyes
7. Rich in Calcium
8. Improves Sleep
9. High Iron Content
10. Anti-Inflammatory

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