

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, 1/4 teaspoon salt, and 1/8 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
- 2 15.5-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.

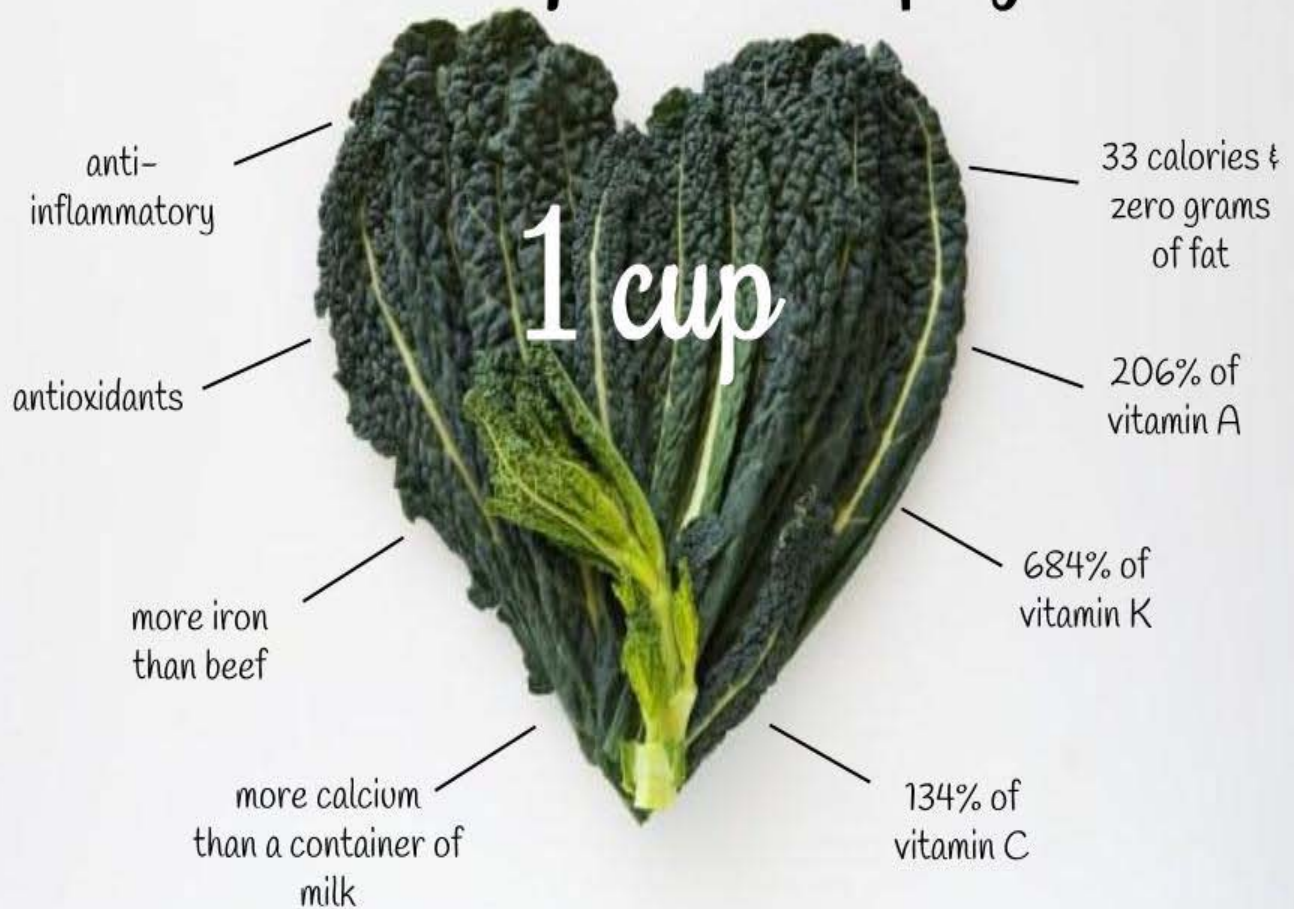
Add the garlic, celery, onion, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper and cook, stirring occasionally, until tender, 4 to 6 minutes.

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



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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