



KALE UP!

SUMMER COOKBOOK





KOOL KALE SMOOTHIE

Prep time: 5 minutes
Yield: 2 cups

INGREDIENTS

1 cup Nature's Greens® Kale
1 1/2 cups low-fat milk
2 bananas, sliced
1 cup low-fat plain yogurt
2 tablespoons honey

1 teaspoon vanilla
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg

DIRECTIONS

Blend all ingredients together for 1–2 minutes and enjoy.



Prep time: 15 minutes
Yield: 10 servings

CITRUS SPREAD WITH KALE

INGREDIENTS

- 1 cup Nature's Greens® Kale, finely chopped
- 2 navel oranges
- 12 ounces Neufchatel cream cheese
- 2 tablespoons reduced-sugar orange marmalade
- Whole grain crackers or whole wheat bagels

DIRECTIONS

Soften cream cheese in microwave and set aside. Peel and section oranges and dice into tiny pieces. Stir orange marmalade, chopped kale and diced oranges into softened cream cheese, mixing well. Refrigerate for 1 hour before serving. Serve with whole grain crackers or with bagels.



KALE UP! CANTALOUPE AND CHICKEN SALAD

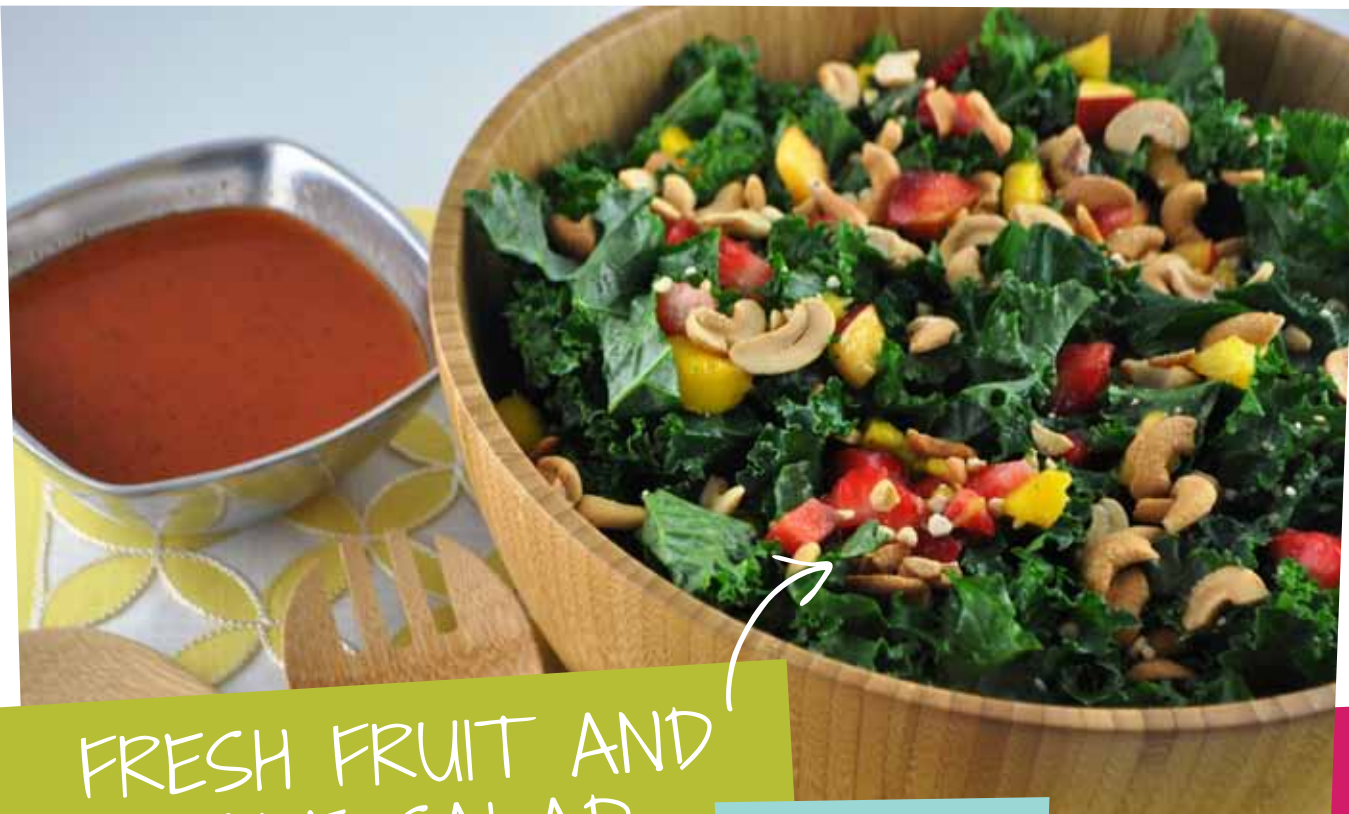
Prep time: 10 minutes
Yield: 6-8 servings

INGREDIENTS

2 cups Nature's Greens® Kale, finely chopped
18 ounces oven-roasted chicken breast, diced
3/4 cup light-mayonnaise
1/2 cup Versatile Veggies® Diced Red Onion
1/2 cup golden raisins
2 cups cantaloupe, finely diced
Whole-wheat bread or crackers

DIRECTIONS

Mix all ingredients and chill for 1/2 hour. Serve with whole-wheat bread or crackers.



FRESH FRUIT AND KALE SALAD

Prep time: 10 minutes
Yield: 14 to 16 servings

INGREDIENTS

Salad:

- 1 pound Nature's Greens® Kale
- 4 peaches, diced
- 3 mangos, diced
- 4 cups fresh strawberries, diced
- 2 cups finely chopped cashews or pecans

Dressing:

- 1/4 cup lime juice
- 1/2 cup virgin olive oil
- 1/4 cup honey
- 1 1/2 teaspoons smoked paprika
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon black pepper

DIRECTIONS

In a large bowl, mix kale, fruits and nuts. In a medium bowl, whisk together dressing ingredients. Serve salad with dressing on the side.



Prep time: 3 minutes
Cook time: 5 minutes
Yield: 8 servings

RED, WHITE, AND KALE HOT DOGS

INGREDIENTS

8 smoked white turkey franks
1 1/2 cups Nature's Greens® Kale, finely chopped
1 cup reduced-sodium sweet relish
8 wheat hot dog rolls
Ketchup
Light mayonnaise

DIRECTIONS

Grill franks for 5-7 minutes or until cooked thoroughly. In a medium bowl, combine kale with relish. Spread ketchup on one side of roll and mayonnaise on the other side. Place frank in center and garnish with kale-relish mixture.



KID FRIENDLY BKT

Prep time: 10 minutes
Cook time: 5 minutes
Yield: 2 sandwiches

INGREDIENTS

4 slices turkey bacon
1 avocado
1 tomato
1/2 cup Nature's Greens® Kale
4 slices multi-grain bread

DIRECTIONS

Cook bacon in a skillet over medium-heat until crisp, about 10 minutes and set aside to cool. Slice avocado and tomato; set aside. When bacon has cooled, break each strip in half. Place 4 bacon halves on a slice of bread; top with kale, followed by a slice of tomato and a slice of avocado*. Place other slice of bread on top. Repeat to make second sandwich and enjoy.

**You can also mash the avocado with a fork and use it as a "spread."*



KALESICLES

INGREDIENTS

1 cup Nature's Greens® Kale
2 cups pineapple, chopped
1/2 cup orange juice
2 tablespoons honey

OPTIONAL:

Aluminum foil
10 Popsicle® sticks

DIRECTIONS

Blend pineapple, orange juice, honey and kale until smooth*. Pour into muffin pan or desired mold. If using something other than a Popsicle® mold, cover with aluminum foil and pierce a small hole with a Popsicle stick so that it stands upright. Freeze overnight or until firm and enjoy!

*If your pineapple is ripe/sweet, you may choose to skip adding the honey, depending on your taste preference.

Prep time: 10 minutes
Yield: 10 pops



PEACHY GREEN TART

Prep time: 5 minutes
Cook time: 25 minutes
Yield: 6-8 squares

INGREDIENTS

- 1 9-inch refrigerated ready-to-use pie crust
- 4 ounces low-fat cream cheese, softened
- 3 cups peaches (3 or 4), pit removed and sliced
- 1/4 cup sugar
- 2 tablespoons flour
- 1 cup Nature's Greens® Kale, finely chopped
- 3/4 teaspoon sugar
- 1/4 teaspoon cinnamon
- 1 cup reduced-fat whipped topping, optional

DIRECTIONS

Preheat oven to 450 F. Place pie crust in a greased pan. Carefully spread softened cream cheese in a 6-inch circle in the middle of pie crust, leaving the outer part of the crust unfilled. Set aside. Toss peaches with sugar and flour and stir finely chopped kale in with the peaches. Add peach-kale mixture over cream cheese. Gently fold edge of crust about 2 inches over kale and peach mixture, leaving center uncovered. Combine sugar and cinnamon; sprinkle evenly over tart. Bake 25 minutes or until crust is golden brown. Cool for 5 minutes before serving and add whipped topping, if desired.