



# KALE UP!

## SPRING COOKBOOK





## KALE PINEAPPLE SMOOTHIE

Prep time: 5 minutes  
Yield: 2 cups

### INGREDIENTS

- 1 cup Nature's Greens® Kale
- 1 cup vanilla-flavored almond milk
- ½ cup Greek yogurt
- ½ cup pineapple, cut into small pieces
- 2 teaspoons honey

### DIRECTIONS

Cut kale into small pieces. Fill the blender with almond milk and blend the kale until smooth. Add the yogurt, cut pineapple and honey and blend again until smooth. Enjoy!

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Prep time: 15 minutes  
Cook time: 14 minutes  
Yield: 10 servings

## TASTY KALE CHIPS

### INGREDIENTS

4 cups Nature's Greens® Kale  
2 tablespoons extra light olive oil  
1 teaspoon fine sea salt

### DIRECTIONS

Place kale in a large bowl and add 2 tablespoons oil. Massage kale with olive oil, making sure to cover each leaf with oil. Place kale onto 2 baking sheets with leaves not overlapping. Sprinkle kale on each baking sheet with ½ teaspoon sea salt. Bake in a 350° oven for 7 minutes then switch baking sheets from the top rack to the bottom rack. Continue baking for an additional 7 minutes. Cool and enjoy! For extra flavor, sprinkle with a little finely grated Parmesan cheese before they are baked.

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## POT O' KALE-CAULIFLOWER SMASH

Prep time: 10 minutes

Cook time: 8 minutes

Yield: 8 servings

### INGREDIENTS

1 medium head of cauliflower

1 (26 oz.) container chicken stock

2 cups Nature's Greens® Kale

½ cup fat free half and half

2 tablespoons reduced fat cream cheese, softened

4 tablespoons butter substitute, softened

½ cup grated Parmesan cheese

¼ teaspoon black pepper

½ teaspoon garlic salt

½ teaspoon apple cider vinegar

### DIRECTIONS

Clean cauliflower well and cut into florets. Spoon cauliflower florets into a medium-size pot. Pour chicken stock over florets and boil over high heat for 8 minutes. While cauliflower is cooking, spoon kale into a blender container. Pour in half and half and blend until kale is well pulverized. Spoon in reduced-fat cream cheese and blend well. Set aside. Once cauliflower is fork-tender, drain well and mash with a potato masher. Stir butter substitute into mashed cauliflower. With a mixer, blend kale mixture into mashed cauliflower. Stir in Parmesan cheese, pepper, garlic salt, and apple cider vinegar. Serve warm.

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## KALE-LICIOUS CHILI

Prep time: 10 minutes  
Cook time: 60 minutes  
Yield: 16 servings

### INGREDIENTS

- 1 (1 lb.) bag Nature's Greens® Kale
- 1 (14.5 oz.) can chicken broth
- 1 cup water
- 3 (15 oz.) cans red kidney beans
- 2 tablespoons extra virgin olive oil
- 1 (8 oz.) package Versatile Veggies® Diced Yellow Onion
- 2 (12 oz.) packages meatless burger crumbles
- 1 ½ tablespoons chili powder
- 1 ½ teaspoons ground cumin
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 (14.5 oz.) cans chicken broth

### DIRECTIONS

Pour chicken broth and water into a large pot and bring to a boil. Add kale to broth; reduce heat to medium and cook for 30 minutes. While kale is cooking, drain 2 cans of the red kidney beans. Pour oil into a Dutch oven and heat to high. Lower heat to medium and sauté onion and meatless burger crumbles for 5 minutes. Stir chili powder, ground cumin, salt and pepper into burger crumbles and onion. Cook over low heat for 5 minutes, stirring often. Stir in kidney beans, chicken broth and kale. Bring to a boil over high heat; cover and reduce heat to medium. Simmer for 20 minutes, stirring often.

*\*May be served with low fat sour cream, chopped fresh cilantro, chopped tomatoes, and low fat cheddar cheese.*



Prep time: 20 minutes  
Cook time: 60 minutes  
Yield: 10 servings

# ABSOLUTELY AMAZING APPETIZER LATTICE TART\*

\*Recipe courtesy of Janice Elder, winner of the 2013 Nature's Greens® Show Us Your Heritage Contest

## INGREDIENTS

- 1 package (15 oz.) refrigerated pie crusts
- 1 (1 lb.) bag Nature's Greens® Kale
- 2 to 3 cups water
- ¼ cup finely chopped country ham (or crisp cooked bacon)
- ½ cup Parmesan cheese
- 1 cup ricotta cheese
- 1 teaspoon each salt & freshly ground black pepper
- ¼ teaspoon freshly ground nutmeg
- ¼ teaspoon ground cayenne pepper
- 1 egg, separated (divided usage)
- 1 teaspoon water

## DIRECTIONS

Preheat oven to 400°. Place oven rack at lowest position. Prepare pie crust according to package directions for a two-crust pie using a 10-inch tart pan with a removable bottom (or a 9-inch pie pan). Place 1 prepared pie crust in pan; press over bottom and up sides of pan, trimming edges as needed. Reserve.

Cook greens in water until tender; drain well in a colander, pressing firmly to remove excess liquid (very important), then blot with paper towels, again squeezing firmly. Chop coarsely.

In a mixing bowl combine well-drained greens, country ham (or bacon), Parmesan cheese, ricotta, salt, pepper, nutmeg, cayenne and egg yolk (reserve white for later use); blend well. Spread evenly into prepared pie crust, smoothing top.

To make the lattice top, cut remaining pie crust into ¾-inch wide strips (a ruler helps). Arrange strips in a lattice design over greens mixture. Trim and seal edges.

In a small bowl, whisk together egg white and water until foamy; gently brush over the lattice crust. Bake at 400° on the lowest oven rack for about 45 minutes, or until dark golden brown. (Cover loosely with foil during the last 5 to 10 minutes of baking if needed to prevent excess browning.) Cool in pan for 10 minutes, then remove sides of pan. Serve warm – cut into wedges to serve.

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# SWEETHEART SPAGHETTI

Prep time: 10 minutes  
Cook time: 20 minutes  
Yield: 8 servings

## INGREDIENTS

1 (13.25 oz.) package whole wheat linguine  
1 (1 lb.) bag Nature's Greens® Kale  
1 cup water  
14 ½ ounces chicken broth  
2 tablespoons olive oil  
1 pound lean ground beef  
1 pound lean ground turkey

10 oz. Versatile Veggies® Diced Celery and Onion  
2 tablespoons Italian seasoning  
14 ½ oz. tomatoes with basil, garlic, and oregano, diced  
½ cup evaporated milk  
¼ teaspoon pepper  
½ teaspoon salt

## DIRECTIONS

Cook linguine according to package directions. Pour water and chicken broth into a medium-sized pot and bring to a boil; spoon kale into boiling water mixture and cook for 20 minutes. Remove kale from heat and drain well. Set aside.

In a large skillet over medium-high, heat the olive oil. Add ground beef, ground turkey, and chopped celery/onion mixture, stirring to crumble. Cook for 5-8 minutes. Drain well and add Italian seasoning. Cook for an additional 5 minutes until meat is browned. Stir in tomatoes. Cook uncovered over medium heat for 3 minutes. Stir in milk, salt and pepper. Cook for an additional 2 minutes. Stir in drained, cooked kale. Sauce can be served over linguine or tossed with linguine.



Prep time: 10 minutes  
Cook time: 5 minutes  
Yield: 14 – 16 pieces

PIZZA HAS MY ♥

### INGREDIENTS

- 1 refrigerated pie crust
- 2 cups Nature's Greens® Kale
- 1 teaspoon olive oil
- 2 teaspoons honey
- 3 tablespoons powdered sugar
- 8 ounces cream cheese, softened
- 2 cups strawberries, sliced
- 1/8 cup blueberries

### DIRECTIONS

Place pie crust on 12-inch pizza pan and bake at 450° for 5 minutes or until lightly browned. Cool completely. Chop kale into small pieces. Pour olive oil over chopped kale. With your hands, massage olive oil into kale. Stir honey into kale and set aside. Soften cream cheese in microwave for 30 seconds and let cool for 10 minutes. Stir powdered sugar into cooled cream cheese and spread onto pie crust. Spoon kale over cream cheese. Arrange strawberries over kale and spoon blueberries in the center. Enjoy!



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## BROWNIE POINTS

Prep time: 10 minutes  
Cook time: 25 minutes  
Yield: 24 squares

### INGREDIENTS

1 ½ cups apple, finely diced  
1 cup applesauce  
2 medium bananas, sliced  
2 cups Nature's Greens® Kale  
1 cup sugar  
½ cup cocoa

2 cups all-purpose flour  
1 ½ teaspoons baking soda  
½ teaspoon salt  
½ cup pecans, finely chopped (optional)  
¼ cup powdered sugar  
1 (21 oz.) can cherry pie filling

### DIRECTIONS

Spoon diced apple, applesauce, sliced bananas, and kale into blender and pulverize. Sift together sugar, cocoa, flour, baking soda, and salt. Stir pulverized ingredients into sifted ingredients. Stir in chopped pecans if desired. Pour batter into a 9-inch by 13-inch baking dish. Bake at 350° for 25 minutes or until the middle is fully baked. Cool for 30 minutes and sprinkle with powdered sugar if desired. Cut into squares. When ready to serve, top each square with a spoonful of cherry pie filling.