



KALE UP!

FALL COOKBOOK





KALE YEAH! BREAKFAST BAKE!

Prep time: 5 minutes
Cook time: Approx. 50 minutes
Yield: 12 – 14 servings

INGREDIENTS

1 pound turkey ground
1 tablespoon olive oil
7 cups Nature's Greens® Kale
5 cups multigrain bread, cut in cubes
12 eggs (or 3 cups egg substitute)

2 cups low-fat milk
1 tablespoon Dijon mustard
1 teaspoon salt
1/2 teaspoon pepper
4 cups shredded reduced-fat Colby and Monterey Jack cheese blend

DIRECTIONS

In a large skillet over medium-high, cook turkey in oil for 4-5 minutes. Reduce heat to medium and add as much kale as will fit. Continue to cook and add more kale as there is room until kale has wilted and is bright green. Place the cubes of bread in a prepared 3 quart or 9 inch x 13 inch baking dish and top with the cooked kale mixture. In a large bowl, scramble the eggs; whisk in milk, mustard, salt and pepper and stir in cheese. Pour over kale mixture; cover and refrigerate for 1 hour.

Heat oven to 350 F. Bake for 40-45 minutes until golden brown and set around the edges but slightly wobbly in the center. Cool for 15 minutes before serving.

KALE UP!

www.rawl.net/kaleup





Prep time: 10 minutes
Cook time: 15-20 minutes
Yield: 12 muffins

KALE LOVERS' MORNING MUFFINS

INGREDIENTS

1 cup whole-wheat flour	2 tablespoons canola oil
1 cup wheat bran	1/3 cup molasses
1 teaspoon baking soda	1/2 cup raisins
1/2 teaspoon salt	1 teaspoon flour
1 cup light buttermilk	1/2 cup sweet apple, chopped
3 eggs (or 1/4 cup egg substitute)	2 cups Nature's Greens® Kale, finely chopped

DIRECTIONS

Heat oven to 375 F. In a large bowl, combine whole-wheat flour, wheat bran, baking soda and salt. Set aside. In a medium bowl, beat together the buttermilk, eggs, oil, and molasses. Pour liquid ingredients into the dry ingredients and stir until moist for approximately 20 seconds. Toss raisins with flour. Stir in floured raisins, apples, and kale. Fill 12 muffin holders. Bake for 15-20 minutes or until a cake tester inserted in the middle comes out clean.

KALE UP!

www.rawl.net/kaleup





SPOOKY COTTAGE CHEESE CRUNCH

Prep time: 5 minutes
Yield: 4 servings

INGREDIENTS

1 large peach, pitted and chopped
1/2 cup orange juice
1 cup Nature's Greens® Kale
1 teaspoon extra virgin olive oil

1 teaspoon honey
1 cup low-fat cottage cheese
1/2 cup crunchy cereal

DIRECTIONS

Place chopped peaches in a bowl and cover with orange juice; set aside. Massage kale with olive oil to tenderize. Toss kale with honey and set aside. Drain peaches and separate into 4 parfait dishes, saving enough to garnish the top. Place layer of kale over peaches, reserving enough to sprinkle on top. Next, top kale with cottage cheese and crunchy cereal. Garnish with reserved chopped peaches and kale. Serve immediately.



www.rawl.net/kaleup





ALL HALLOWS' EVE KALE BITES

Prep time: 10 minutes
Bake time: 8-11 minutes
Yield: 20

INGREDIENTS

1 1/2 cups Nature's Greens® Kale, finely chopped
1 1/2 teaspoons olive oil
1 1/2 teaspoons honey

3 medium bananas
2 (12-ounce) cans of biscuits
Agave, optional

DIRECTIONS

Heat oven to 400 F. In a small bowl, massage kale with olive oil and toss with honey; set aside. Chop bananas into small pieces. Separate biscuits and roll each as flat as possible. Place bananas in the center of each biscuit and add kale. Pull biscuit dough from each side over kale and banana, pressing together in the top center. Pinch ends together. Place 2 inches apart on an ungreased cookie sheet. Bake 8-11 minutes or until golden brown. Serve warm with agave, if desired.



TENDER TURKEY MEATBALLS with FETA & KALE

Prep time: 20 minutes
Cook time: 10 minutes
Yield: 6 servings
(about 40 meatballs)

Turkey has a tendency to be dry since it's very low in fat and really high in protein. Adding egg and feta makes the meatballs tender while the addition of kale ramps up nutrition ten-fold, with Vitamins A, B and C.

— Recipe courtesy of Jennifer Iserloh, Skinny Chef and co-founder of National Kale Day



INGREDIENTS

1 pound ground turkey	2 teaspoons garlic powder
1 cup packed Nature's Greens® Kale, finely chopped	1/4 teaspoon salt
1/2 red or white onion, finely chopped	1/4 teaspoon freshly ground black pepper
1/2 cup seasoned breadcrumbs	Cooking spray
1/2 cup crumbled feta cheese	6 teaspoons olive oil
1 egg	1 6-ounce package salad greens

DIRECTIONS

Place the turkey in a large bowl along with the kale, onion, breadcrumbs, feta, egg, garlic powder, salt, and black pepper. Mix well with your fingers until the kale is evenly incorporated.

Form the mixture into 2-inch in diameter meatballs and transfer to a plate. Coat 2 large skillet with cooking spray. Working in batches, place 2 teaspoons of oil in skillet over medium. Add meatballs without crowding skillet and cook 6–8 minutes, turning occasionally until the meatballs brown and are cooked through. Transfer to a clean plate and repeat with remaining olive oil and meatballs. Serve immediately over salad greens.

Chef's note: adding a spritz of cooking spray helps to lubricate the pan and makes the olive oil go further.

For more information on National Kale Day, please visit www.nationalkaleday.org

KALE UP!

www.rawl.net/kaleup





OPEN FACED CHICKEN ENCHILADAS with KALE

Prep time: 10 minutes
Cook time: 10 minutes
Yield: 4 serving
(2 enchiladas per serving)

Chicken enchiladas are a family favorite but take a while to prepare and cook. This "open faced version" is ready in about 20 minutes and includes the goodness of kale.

– Recipe courtesy of Jennifer Iserloh, Skinny Chef and co-founder of National Kale Day



INGREDIENTS

4 chicken cutlets	2 cups Nature's Greens® Kale, chopped
1 teaspoon mild chili powder	Cooking spray
1/2 teaspoon garlic powder	16 small corn tortillas
1/4 teaspoon freshly ground black pepper	1 cup grated mozzarella
2 tablespoons olive oil, divided	1 cup enchilada sauce, jarred or canned

DIRECTIONS

Sprinkle the chicken with the chili powder, garlic powder, and black pepper. Warm half the oil in a large skillet over medium-high. Add the chicken and cook 4-5 minutes, turning occasionally until slightly browned and no longer translucent when cut with a knife. Transfer to a cutting board to cool about 5 minutes. Shred or chop the chicken.

Heat the remaining olive oil in the same skillet over high. Add kale, tossing until it wilts, about 2-3 minutes, and remove from heat.

Cover a baking sheet with aluminum foil and coat with cooking spray. Double-layer 8 sets of 2 tortillas each to better hold the filling. Divide the kale between the 8 tortilla sets and top with the chicken, a tablespoon of the enchilada sauce, and a tablespoon of the mozzarella. Transfer to the middle rack of the oven and broil for 3-4 minutes until the cheese is golden and the tortillas are hot. Serve immediately.

For more information on National Kale Day, please visit www.nationalkaleday.org



www.rawl.net/kaleup





KALE MANCHEGO FRITTERS with SHRIMP

Prep time: 10 minutes
Cook time: 20 minutes
Yield: 4 servings,
makes 16 fritters

Manchego cheese from Spain mixed with cilantro gives these kale fritters serious gourmet zing! If you can't find Manchego, replace it with the same amount of grated Parmesan or Romano cheese.

— Recipe courtesy of Jennifer Iserloh, *Skinny Chef* and co-founder of National Kale Day



INGREDIENTS

2 cups Nature's Greens® Kale, finely chopped

1 small zucchini, grated

1/2 cup Manchego cheese, grated

1/2 cup flour

1/4 cup parsley or basil, chopped

1/2 teaspoon baking powder

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

3 eggs, lightly beaten

4 tablespoons olive oil

1/2 pound small shrimp, tails removed,
shelled and deveined

1/2 teaspoon paprika or mild chili powder

DIRECTIONS

Place the kale, zucchini, cheese, flour, parsley or basil, baking powder, salt, and pepper in a large bowl. Toss well. Add the egg and stir until a thick, slightly dry mixture forms.

Heat the olive oil in a large skillet over medium-high. Using 2 forks, grab about a 1/4-cup of the mixture and set it down in the skillet. Make 4 mounds, spaced about 1/2-inch apart. Press the tops of the mounds down with a spatula.

Cook 4-5 minutes, turning once or twice, until browned and cooked through. Drain on paper towel and repeat with remaining olive oil and batter. When the fritters are cooked, keep the skillet over medium heat. Sprinkle the shrimp with paprika or chili powder and add them to the skillet. Cook 4-5 minutes, turning often until the shrimp are cooked through. Serve the shrimp over the fritters immediately.

For more information on National Kale Day, please visit www.nationalkaleday.org



www.rawl.net/kaleup





BUTTERNUT SQUASH SOUP with CRISPY PARMESAN KALE

Prep time: 20 minutes
Cook time: 45 minutes
Yield: 4 servings

This creamy soup is surprisingly low in calories but big on taste! Super nutritious kale (high in Vitamin A, C, folate and iron just to name a few) replaces white crackers that you won't miss once you bite into a cheese-crusted crispy kale leaf.

— Recipe courtesy of Jennifer Iserloh, Skinny Chef and co-founder of National Kale Day



INGREDIENTS

1 small butternut squash, peeled and cubed
1 red or white onion, chopped
4 garlic cloves
3 tablespoons olive oil, divided
1/2 teaspoon cinnamon
1/2 teaspoon paprika

1/4 teaspoon nutmeg
32 ounces reduced-sodium chicken or vegetable broth
10 ounces Nature's Greens® Kale,
torn into 4-inch wide pieces
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

DIRECTIONS

Warm 2 tablespoons of the olive oil in a large stockpot over medium-high. Add the butternut squash, onion, and garlic. Reduce the heat to medium-low and cook covered, 8-10 minutes, stirring occasionally until the butternut squash begins to brown and caramelizes. Add the cinnamon, paprika, and nutmeg, cooking one minute more to bring out the flavor in the spices.

Carefully add the broth and bring to a boil over high heat. Cover and reduce to medium. Cook 4-5 minutes more until the squash is fork-tender. Cool 5 minutes then carefully mix in a blender in batches or with an immersion blender.

Heat the oven to 400 F. Prepare the kale by tossing the kale leaves with the remaining olive oil and sprinkle with salt and black pepper. Spread the kale out onto 2 ungreased cookie sheets, about 1-inch apart, and bake 8-10 minutes until the leaves are crisp and the Parmesan starts to brown. Serve immediately with the soup.

For more information on National Kale Day, please visit www.nationalkaleday.org



www.rawl.net/kaleup

