



the
SNEAKY
chef[®] **COOKING**
with GREENS
COOKBOOK



WP Rawl is proud to announce our partnership with Missy Chase Lapine, The Sneaky Chef!

A Note from Missy

Did you know that kale and collards score the highest (both at 1,000) in the Aggregate Nutrient Density Index (ANDI)? This scale is used to measure the nutrient density of foods on a scale from 1 to 1,000. Foods with a high ANDI score are chockfull of nutrients our bodies need, such as vitamins, minerals and antioxidants. How's that for a reason to eat more greens? To get you on your way to incorporating these amazing veggies in your regular diet, I have "snuck" them into some delicious recipes that I think you'll love!

Bon Appétit,

Missy Chase Lapine
The Sneaky Chef



About Missy

Former publisher of Eating Well magazine

Creator of the Sneaky Chef book series (The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals)
Member of Parenting Magazine's team of experts, the "Mom Squad"

Cooking instructor at New York's finest culinary schools

Board member of the Children's Advisory Council and Health Sciences Advisory Board of New York-Presbyterian Morgan Stanley Children's Hospital

Large following on www.TheSneakyChef.com, Facebook and Twitter





SNEAKY CHEF MASTERFUL MEALOAF

Makes 6 to 8 servings

Ingredients

4 cups raw, loosely packed Nature's Greens Kale or Collard Greens, rinsed and finely chopped (or pulsed fine in a food processor) – measure before chopping

2 tablespoons tomato paste

4 tablespoons ketchup, divided

1 large egg, beaten

1 small onion, finely chopped

1 teaspoon Worcestershire sauce

1/3 cup wheat germ, unsweetened

1 teaspoon salt

1 pound lean ground beef

Cooking spray for baking sheet

Directions

Preheat oven to 350 degrees and spray a baking sheet with oil.

In a large bowl, combine chopped kale or collard greens, tomato paste, 2 tablespoons of ketchup, egg, onion, Worcestershire, wheat germ, and salt. Add the ground meat to this mixture and mix until well combined, then shape into a single rectangular loaf, or 4 mini loaves, on the prepared baking sheet.

Glaze the top and sides of the loaf or loaves with the remaining ketchup, adding a little more if needed to cover the top and sides of the loaf.

Bake for 50 to 55 minutes, until the internal temperature is 160 degrees.



SNEAKY CHEF “NO DOC” GUAC

Makes about 6 appetizer servings

Ingredients

2 ripe avocados

Juice from 1 lime

½ teaspoon salt

**3 cups raw, loosely packed Nature’s
Greens Kale, rinsed and finely chopped
(or pulsed fine in a food processor)
– measure before chopping**

*Optional add-ins: ½ cup chopped red onion,
chopped tomatoes, handful of chopped cilantro
(or fresh basil), and/or chopped jalapeños, to taste*

Directions

Halve the avocados lengthwise, remove the pit, and scoop out the flesh. In a small bowl, combine the avocado with the lime juice, salt, chopped kale, and the optional add-ins. Blend lightly with a fork.

Goes well with celery sticks, jicama slices, and whole grain corn tortillas.



SNEAKY CHEF PERFECTO PESTO

Makes about 2 cups of pesto

Ingredients

- 6 cups fresh basil leaves, rinsed
- 4 cups raw, loosely packed Nature's Greens Mustard Greens or Turnip Greens, rinsed
- ½ cup walnuts
- 4 to 6 garlic cloves, chopped
- ½ teaspoon salt
- 2 teaspoons lemon juice
- ½ cup vegetable broth
- ½ cup walnut oil or extra-virgin olive oil
- ½ cup Parmesan or Romano cheese

Directions

Place the basil and Mustard Greens or Turnip Greens in the bowl of your food processor and pulse a few times. Add the walnuts, garlic, salt, lemon juice, vegetable broth, and a few grinds of pepper. Puree on high until smooth.

With the processor running, slowly stream the oil through the processor's feed tube. Add the cheese and puree for another few seconds.

Use or store immediately. The pesto will keep in the refrigerator for 3 days, or in the freezer for 3 months. Before storing, cover the top of the container with a thin layer of olive oil to keep the pesto from oxidizing and turning brown.

Toss with fresh pasta, potatoes, or serve over salmon.



SNEAKY CHEF MAGIC MEATBALLS

Makes about 36 mini meatballs or 12 large meatballs

Ingredients

- 1 large egg, beaten
- 2 tablespoons tomato paste
- ½ teaspoon each dried oregano and basil (or Italian Seasoning)
- 1 teaspoon salt
- ¼ cup ground flaxseed
- 4 cups raw, loosely packed Nature's Greens Kale or Collard Greens, rinsed and finely chopped (or pulsed fine in a food processor) – measure before chopping
- ¼ cup grated Parmesan cheese
- 1 pound lean ground beef or turkey

Directions

In a large bowl, combine the egg, tomato paste, oregano, basil, salt, flaxseed, chopped kale or collard greens, and Parmesan cheese. Add the ground meat and mix with hands until well combined. Using damp hands, pinch off about 2 teaspoons of meat and gently shape mixture into mini meatballs (or larger meatballs, if desired).

Preheat oven to 350 degrees. Brush a large cookie sheet with 2 tablespoons of oil, gently place meatballs on sheet, and bake for 10 minutes. Using a spatula to loosen, turn the meatballs over to brown on the other side, then return to oven for another 10 minutes.

Serve with toothpicks as "cocktail" meatballs, dropped in almost any soup, or smothered in pasta sauce over spaghetti.



SNEAKY CHEF CHILLIN' OUT CHILI

Makes 6 servings

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small onion, finely chopped
- 1 to 2 garlic cloves, minced
- 1 pound lean ground beef
- 4 cups raw, loosely packed Nature's Greens Mustard Greens or Turnip Greens, rinsed and finely chopped (or pulsed fine in a food processor) – measure before chopping
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne, plus additional to taste
- 2 (6-ounce) cans tomato paste
- 1 (28-ounce) can diced tomatoes
- 1 (15-ounce) can kidney beans, drained*
- 1 to 2 cups vegetable broth

Optional garnish: scallions, sour cream, shredded cheddar cheese

Directions

Heat the oil over medium heat in a chili or soup pot. Add the onion and garlic cook until slightly translucent, about 5 minutes. Add the ground meat, stirring to break it up, and cook until it is no longer red, about 5 minutes. Add the chopped Mustard Greens or Turnip Greens and cook for another 2 minutes.

Stir in the chili powder, cumin, cayenne, tomato paste, diced tomatoes, kidney beans, and 1 cup of vegetable broth. Mix well.

Bring to a boil, then reduce the heat to low and simmer for 45 minutes to 1 hour, adding more vegetable broth as needed.

Season with salt, freshly ground pepper and cayenne, for extra spice.

Top bowls of chili with green onions, sour cream, and cheese, if using.



SNEAKY CHEF SPEEDY STOVETOP LASAGNA

Makes 6 servings

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small onion, finely chopped
- 1 pound lean ground beef or turkey
- 4 cups raw, loosely packed Nature's Greens Kale or Collard greens, rinsed and finely chopped (or pulsed fine in a food processor) – measure before chopping
- ½ teaspoon each dried basil and oregano or Italian Seasoning
- 9-ounce box uncooked lasagna noodles, roughly broken into strips
- 1 jar (24-26 ounces) marinara sauce
- 1 cup part-skim shredded mozzarella

Directions

Heat the oil over medium heat in a deep skillet or earthenware pot. Add the onions and cook until they are slightly translucent, about 5 minutes. Add the turkey or beef, stirring to break it up, and cook for about 5 minutes, until the meat is no longer red.

Add the chopped kale or collards, basil and oregano, and cook for another 2 minutes.

Add broken noodles on top of meat mixture, then top with tomato sauce. Fill empty tomato sauce jar full of water (about 3 cups) and add to skillet. Stir to combine.

Bring to boil and then reduce to simmer, cover, and cook for 30 minutes, stirring occasionally. Add cheese on top, do not stir again; cover for 3 to 5 minutes until cheese is melted.



SNEAKY CHEF ENLIGHTENED ENCHILADAS

Makes 6 servings

Ingredients

One tablespoon olive oil

One pound lean ground beef or turkey

3 cups raw, loosely packed Nature's Greens Kale or Collard Greens, rinsed and finely chopped (or pulsed fine in a food processor) – measure before chopping

3 cups store-bought tomato sauce

1 to 2 tablespoons chili powder

¼ teaspoon each salt, cumin, garlic powder, and onion powder

1½ cups low-fat shredded cheddar or Jack cheese

6 (8 to 10-inch) flour tortillas, ideally whole wheat

Optional garnish: salsa and low-fat sour cream or plain Greek yogurt

Directions

Preheat oven to 400 degrees and spray an 11-by-7 (or 2 quart) glass or ceramic baking dish with oil.

Heat the oil over medium heat in a nonstick skillet. Add the turkey or beef, stirring to break it up, and cook for about 3 minutes, until the meat is no longer red. Add in the chopped kale or collards and sauté another 3 minutes. Add the tomato sauce, chili powder, salt, cumin, garlic, and onion powders, and ½ cup of the cheese into the skillet with browned meat and greens. Simmer for another 3 minutes.

Coat the bottom of the baking dish with a ladle of sauce mixture. Spoon meat mixture evenly into tortillas in baking dish. Roll up filled tortillas and place seam-side down in one layer in the prepared baking dish. Pour remaining sauce over the top and sprinkle with remaining cheese.

Cook, uncovered, for 15 to 20 minutes until cheese is lightly browned and bubbly.

Serve with salsa and plain yogurt or low-fat sour cream.



SNEAKY CHEF FABULOUS FRIED RICE

Makes 8 servings

Ingredients

2 tablespoons canola, vegetable, or olive oil

3 large eggs

1 small onion, diced

1 to 2 cloves garlic, minced

2 teaspoons fresh ginger, minced (or one-eighth teaspoon ground ginger)

4 cups raw, loosely packed Nature's Greens Kale, rinsed and finely chopped (or pulsed fine in a food processor) – measure before chopping

2 cups cubed chicken, ham, pork, beef, or shrimp, cooked (approximately 12 ounces)

4 cups cooked rice (ideally brown rice)

2 tablespoons low-sodium soy sauce

Salt and ground black pepper to taste

Optional: ½ cup peas and/or 2 diced scallions

Directions

Heat one tablespoon of the oil in a large nonstick skillet or wok over medium heat.

In a large mixing bowl, whisk the eggs. Add eggs to skillet and scramble quickly until almost set, then transfer egg to the bowl.

Increase heat to medium high and heat remaining oil. Add the onion, garlic, ginger, and chopped kale, and stir fry for about 2 minutes. Spray the skillet with oil, if needed. Add the cubed meat (or shrimp) and stir fry for another 2 minutes.

Add the rice and soy sauce and toss until the ingredients are combined well and the rice is heated through. Allow the rice to brown in the skillet before stirring. Add eggs, and optional peas and scallion for the last minute of cooking.



SNEAKY CHEF BBQ CHICKEN PIZZA

Makes 6 servings

Ingredients

½ cup store-bought BBQ sauce

2 cups raw, loosely packed Nature's Greens Kale or Collard Greens, rinsed and finely chopped (or pulsed fine in a food processor) – measure before chopping

1 store-bought whole grain pizza crust, ideally thin

2 cups rotisserie or cooked chicken, cubed

1½ cups shredded reduced fat cheddar cheese

1 small red onion and bell pepper, thinly sliced

Directions

Preheat oven to 450 degrees and preheat a pizza stone, if using one, or spray a baking sheet with oil.

In a mixing bowl, combine BBQ sauce and chopped kale or collard greens. Spread half of the sauce mixture (about ½ cup) on the pizza crust. Add cubed chicken to the remaining sauce and toss to coat.

Sprinkle chicken, cheese, onions and peppers evenly on pizza crust.

Bake for 12 to 15 minutes or until cheese is melted and bubbly.



SNEAKY CHEF FORTIFIED FRITTATA

Makes 6 servings

Ingredients

- 1 tablespoon butter
- 2 cups mushrooms, sliced
- 4 cups raw, loosely packed Nature's Greens Kale or Collard Greens, rinsed and finely chopped (or pulsed fine in a food processor) – measure before chopping
- 6 large eggs
- 2 tablespoons low-fat milk
- 2 cups shredded low-fat cheddar cheese, divided
- Salt and freshly ground pepper, to taste

Directions

Preheat oven to 425 degrees.

Melt butter over medium heat in an 8 to 10-inch oven-proof skillet. Sauté mushrooms and chopped kale or collard greens until wilted, about 3 minutes. In a large bowl, whisk together eggs, milk, and ½ cup of the cheese.

Pour the egg mixture into the skillet over the mushrooms and greens, and let the egg mixture set without stirring. When the frittata is almost fully set, top with the remaining 1 and ½ cups of cheese.

Transfer the pan to the heated oven. Bake for 10 minutes until puffed and golden. Slice and serve.