

Kale in the Kitchen



Recipes from thekaleproject.com

Kale (*Brassica oleracea*) is one of the oldest vegetables and is said to have been first cultivated in Asia Minor over 4,000 years ago. Part of the cabbage family, this leafy-green is related to broccoli, cauliflower, kohlrabi, and collards just to name a few of the cruciferous darlings. They are full of vitamins, minerals, anti-oxidants and cancer-fighting properties. What makes kale stand-out is that it contains very high amounts of fiber, calcium, and iron.

Here are a few recipes that you can make with kale. You can also add kale to so many things like juices, smoothies, raw salads, pastas, soups, stir-fries and more! Bon appétit!

Kristen Beddard

Colcannon

Serves 4

Ingredients

- 5 medium-sized potatoes, skinned (if not organic), cubed and boiled
- 2 leeks, with the dark green tops removed, washed thoroughly and chopped
- 1/2 bunch of kale, chopped (no need to de-stem; you can always add more if you want)
- Salted butter
- 3/4 to 1 cup of milk
- Salt and pepper

Directions

1. Boil the cubed potatoes until tender.
2. Sauté the chopped leeks in butter and set aside.
3. Blanche the kale in boiling water for only 30 seconds or so to retain the bright green color.
4. When the potatoes are tender, drain and either mash or whip in a food processor or with an immersion blender. Add a thick slab of butter and slowly add the milk.
5. Add salt and pepper to taste.
6. Once potatoes are mashed, add the leeks and kale.

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Potimarron & Kale Sandwich

Serves 1

Ingredients

- 1 potimarron, baked and pureed
- Handful of kale
- 3 mushrooms, sliced
- Dash of Parmesan cheese
- 2 slices of good bread
- Olive oil
- Salt and pepper
- Red chili flakes (optional)

Directions

1. Slice the potimarron in half and remove the seeds with a spoon. Place the squash face down in a baking dish filled with about 1/2 inch of water. Bake for 20-25 minutes at 180 C/ 350 F or until soft.
2. Scoop out the squash flesh and place into a small blender or food processor. Add salt and pepper, chili flakes (optional), and puree until smooth.
3. Toast the bread.
4. Slice the mushrooms and tear the kale into small pieces. Sauté in a small pan with a touch of olive oil. When the mushrooms and kale are almost finished, add a dash of Parmesan cheese and pepper.
5. When the toast is ready, smear the potimarron puree on one or both sides of the bread. Add the sautéed mushroom and kale mix.



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Kale & Squash Risotto

Serves 3

Ingredients

- 2 cups of risotto
- 2 cups of dry white wine
- 4 cups of vegetable or chicken stock
- 1 Delicata squash, baked and then cubed
- 1/2 bunch of kale, thoroughly washed and chopped
- 1 shallot, diced
- 2 cloves of garlic, thinly sliced
- Mushrooms (amount is your preference), cut in fours
- 1 tablespoon truffle oil (optional)
- 3 tablespoons olive oil
- Salt and pepper
- Parmesan cheese

Directions

1. Wash and cut the Delicata squash in half. Fill a baking pan with 1-2 inches of water and place the squash face-down. Bake in the oven for around 60 minutes at 350 F/180 C.
2. Sauté the shallot and then garlic in olive oil in a large pan.
3. Once translucent, add the mushrooms and sauté on low-heat. At this point, add a dusting of salt and pepper and the truffle oil.
4. Once the mushrooms are halfway cooked, add the risotto and stir to lightly fry the rice.
5. Add the white wine and let simmer for 10 to 15 minutes, stirring occasionally.
6. Add the kale and 1 cup of stock. Continue stirring.
7. As the risotto absorbs the water, keep adding more stock to thicken. Let the risotto cook for around 15 minutes and check to see if the rice is cooked enough.
8. Optional: Add shredded Parmesan cheese and stir into the rice until it melts.
9. Once the rice is finished, place into bowls or plates and add the cubed squash on top. Then add a light dusting of Parmesan cheese.

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Kale Pesto

Serving Size 250 grams

Ingredients

- 1 large bunch kale, de-stemmed
- Juice from 1 lemon
- 2 teaspoons salt
- 2 cloves garlic, peeled, cut in halves
- 1/2 cup grated Parmesan cheese
- 1 cup pine nuts (toast in a skillet beforehand if desired)
- 3/4 cup olive oil

Directions

1. Thoroughly wash and de-stem the kale. Combine the kale, nuts, lemon juice, salt and cheese into a food processor.
2. Begin to blend. After the kale has been chopped and slightly blended, add some of the oil, a bit at a time, and continue blending.
3. Add the rest of the oil and continue blending until there is a consistent texture. Taste and decide if the pesto needs more of any of the other ingredients.



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Kale Citrus Salad

Serves 4

Ingredients

- 1 bunch of kale
- 1/2 red onion, diced
- 1 avocado, cubed
- Handful of dried cranberries
- Grapefruit pieces (optional)

Dressing:

- 1/2 grapefruit, juiced
- 1/2 lemon, juiced
- 1 to 2 tablespoons of Dijon mustard
- 1 to 2 tablespoons of honey
- 1 teaspoon of red pepper flakes
- Salt and pepper
- Splash of oil (optional)

Directions

1. Thoroughly wash and de-stem the kale. No need to finely chop—just tear into pieces and place in salad bowl.
2. Combine all ingredients to make the dressing. Whisk in a separate bowl or shake in a sealed jar to mix thoroughly.
3. Add the dressing to the salad bowl and toss to coat leaves.
4. Add the red onion and avocado, along with the dried cranberries. Toss again. If desired, add Grapefruit pieces on top.

Credits

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