

Roasted Kale

Called the “Queen of Greens”, kale is an undisputed “super food”. High in antioxidants (vitamins A, C and K), phytonutrients and fiber, kale has more nutrients per calorie than most other foods on the planet. While eating it raw or juiced is certainly healthy, this recipe makes it delectably simple to devour an entire head of kale in one sitting!

- 1 bunch (~5 cups packed) green or red kale (don't use dino kale or another delicate kale as it will just wilt)
- 1 – 2 tablespoon extra-virgin olive oil
- ¼ teaspoon sea salt (or salt to taste)

Preheat oven to 350°F. Line cookie sheet with parchment paper (not entirely necessary, but helpful). Remove stems from the leaves by pinching the base of the stem and sliding your fingers up to the top (alternately, you can use a knife to separate the stems from the leaves). Chop leaves into bite-sized pieces. Set aside stems.

Spread leaves on baking sheet, drizzle with olive oil and toss to coat. Sprinkle with sea salt and spread evenly on baking sheet. Roast in oven for approximately 10-15 minutes, until edges are brown but leaves are not burnt.

Sautéed Kale Stems

I used to compost my kale stems, somehow believing they wouldn't taste good if I cooked them.

Boy, was I wrong! These are a real treat.

Feed them to kids (or adults) before a meal to help get more greens into their diet!

- Stems from 1 bunch of kale
- 1 – 2 teaspoons extra virgin olive oil
- ½ teaspoon tamari (or add to taste)

Chop kale stems into small (~ ¼ inch) pieces. Heat olive oil in a sauté pan on medium heat. When hot (but not smoking), add kale stems. Sauté until brown but not burnt, approximately 5-7 minutes. Turn off heat and add soy sauce. Stir to coat stems and serve.