

Leafy Greens Recipes



Sautéed Kale

Directions

Select your seasonings and prepare them before you begin.

1. Wash kale, Remove stems, Slice into ½ inch strips
2. Dice onion and garlic (if using) and grate ginger (if using)
3. Heat oil in pan over medium heat
4. Cook onion for 3 min, add garlic (& ginger) and cook for 2 min
5. Add wet kale in batches, stirring occasionally (total 10 min)
6. Add seasonings and ¼ cup of water and stir in for final 2 min
7. Remove from heat and serve!

* For collards, add ¼ cup liquid and cover to cook for additional 5-10 min.

* For chard, reduce time by half and keep heat med-low

Taco Mix:

Start with onions, garlic, opt. bell peppers

Add 1 tsp cumin, 1 tsp coriander, 1 tsp onion powder and 1 tsp garlic powder, salt and pepper

Serving suggestions: in tacos, mixed with beans for full dish, as side dish

Cranberry and Pumpkin Seed Mix:

Start with onions

Add ½ cup dried cranberries, ¼ cup pumpkin seeds, splash of balsamic vinegar, salt

Serving suggestions: over sweet potatoes, mixed with beans, as side dish

Coconut Curry Mix:

Use 1 tbsp coconut oil, when available
Start with onions, garlic, 1 tsp ginger

Add 1 tsp curry powder, salt and pepper, ½ cup coconut milk (or broth or water)

Serving suggestions: over rice, with cauliflower, squash, carrots or other veggies added after ginger for 5-10 min, made into soup with extra broth

Ginger-Soy Mix:

Use 1 tbsp coconut oil, when available
Start with onions, garlic, 1 tsp ginger

Add drizzle sesame oil, splash of soy sauce, optional red pepper flakes, optional sesame seed mix (Gomasio)

Serving suggestions: over rice, with broccoli or other stir fry veggies added after ginger for 5-10 min

Kale Chips

Directions

1. Preheat oven to 300
2. Wash kale, **Dry** thoroughly, Remove stems, Slice into ½ inch strips
3. Add to mixing bowl, drizzle with oil and selected seasonings, toss by hand
4. Spread the kale over baking sheets without overlapping (Not too much at a time, or you will make steam in the oven and soften them)
5. Bake for 10 minutes, then turn the pans around and lightly flip kale to ensure even baking. Bake for 3-5 minutes more, or until kale is crispy and very slight golden brown. Watch closely as it can burn easily.
6. Remove from oven and let cool slightly - chips will crisp up even more once out of the oven.
7. Add any delicate seasonings listed for adding after cooking, after taste test add more of any seasoning as desired.
8. Serve immediately! Best when fresh. Store leftovers covered at room temperature for 2-3 days.

Basic Seasoning Mix:

1-2 tbsp olive oil, 1 tsp salt

Optionally add 1 tsp garlic powder
Or 1 tsp of any premade seasoning mix

Taco Mix:

1-2 tbsp olive oil, 1 tsp salt, ½ tsp cumin,
½ tsp coriander, ½ tsp onion powder and
½ tsp garlic powder

Spicy Mixes:

1-2 tbsp olive oil, ½ tsp paprika or chili
powder, ½ tsp of red pepper flakes

OR

1 tbsp olive oil, 1 tbsp siracha, and after
cooking add 2 tbsp lime juice

Sesame Mix:

1-2 tbs peanut and/or sesame oil,
optional 1 tsp soy sauce

After cooking half way, Add 1 tbsp
sesame seeds, 1 tbsp nutritional yeast
and cook remainder

Lemon-Parmesan Mix:

1-2 tbsp olive oil, 1 tsp salt (opt. herb mix
like Italian seasoning)

Drizzle 2 tbsp lemon juice after cooking
and optional red pepper flakes or 3 tbsp
parmesan cheese