

VERY GREEN SMOOTHIE

WITH KALE, APPLE & SPINACH

Portion: 12 fl oz Yields: 1

Spinach, kale and apples blended into a smoothie



INGREDIENTS:

| | |
|--------|---|
| ¾ cup | Spinach, Fresh |
| ¾ cup | Kale, Fresh, Tough stems removed, Chopped |
| 1 cup | Fresh Apples, Unpeeled, Chopped |
| ½ cup | Banana, Fresh, Sliced |
| 1 Tbsp | Ginger Root, Fresh |
| ¼ cup | Parsley Bunch, Fresh |
| 1 tsp | Lemon Juice, Fresh |
| ½ cup | Water |
| ½ cup | Ice Cubes |

CALORIES (kcal): 142

PROTEIN (g): 3.5

CARBOHYDRATE (g): 34.7

TOTAL FAT (g): 0.9

SODIUM (mg): 49.9

SAT FAT (g): 0.2

DIETARY FIBER (g): 6

METHOD:

Place all ingredients in a blender and purée until very smooth. Serve immediately.

CHEF'S NOTES:

Play around with different vegetables and fruits.

ORECCHIETTE

PASTA BAKE

Portion: 2 cup Yields: 10

Orecchiette pasta with fennel spiced ricotta cheese and kale



INGREDIENTS:

| | | | |
|------------|------------------------------|---------|--|
| 1 lb | Orecchiette Pasta, Dry | ¼ cup | Parsley, Fresh, Chopped |
| 12 oz | Kale, Fresh, Chopped | 1 cup | Tomatoes, Diced in Juice, No Added Salt, Canned, Drained |
| 2 Tbsp | Garlic Cloves, Minced, Fresh | ½ cup | Parmesan Cheese, Fresh, Shredded |
| 1/8 tsp | Salt, Kosher | ¼ tsp | Salt, Kosher |
| 1/8 tsp | Black Pepper, Ground | 1/8 tsp | Black Pepper, Ground |
| 2 Tbsp | Oil, Olive Canola Blend | ¼ cup | Parmesan Cheese, Fresh, Shredded |
| 1-1/2 Tbsp | Fennel Seed | 1 Tbsp | Oil, Olive |
| 1 lb, 8 oz | Ricotta Cheese, Whole Milk | | |
| 1 Tbsp | Red Pepper, Crushed | | |

METHOD:

Cook pasta in rapidly boiling water until al dente. Stir often so the pasta does not stick. Drain and rinse with cold water. Set aside.

Heat oil in a hot skillet and add kale. Cook for 1 minute and add the garlic. Cook until kale is wilted and tender. Season with salt and black pepper. Add to the cooked pasta and toss well; ensure that cooked kale is well distributed. Toast fennel seeds in a dry hot skillet until fragrant. Lightly crush. Mix ricotta cheese, fennel, crushed red pepper, fresh parsley, diced tomatoes, parmesan cheese, salt and black pepper. Add to the pasta.

Lightly spread olive oil inside baking pan. Place pasta mixed with vegetables and ricotta cheese into pan. Top with additional parmesan cheese. Bake in a preheated 350°F oven until bubbly and hot, about 30 to 40 minutes.

CHEF'S NOTES:

Other greens such as Swiss Chard or spinach may be substituted.

CALORIES (kcal): 405.7

PROTEIN (g): 19.2

CARBOHYDRATE (g): 46.3

TOTAL FAT (g): 16.3

SODIUM (mg): 266.4

SAT FAT (g): 7.5

DIETARY FIBER (g): 4.3

DINOSAUR KALE SALAD

WITH BEETS & CITRUS VINAIGRETTE

Portion: 8 oz Yields: 8

Chiffonade of kale marinated overnight and tossed with golden beets, fennel



CALORIES (kcal): 151
PROTEIN (g): 2.1
CARBOHYDRATE (g): 9.8
TOTAL FAT (g): 12.4
SODIUM (mg): 231.1
SAT FAT (g): 1.7
DIETARY FIBER (g): 2.4

INGREDIENTS:

| | | | |
|---------|---------------------------------|---------|-------------------------------|
| 9 oz | Kale, Fresh, Tough Stem Removed | 4 oz | Diced Red Bell Peppers, Fresh |
| 1/2 cup | Extra Virgin Olive Oil | 4 oz | Cucumber, Diced |
| 3 Tbsp | Lemon Juice, Fresh | 1/4 cup | Parsley, Fresh, Minced |
| 3 Tbsp | Orange Juice | 5 oz | Fennel, Sliced thin |
| 1 Tbsp | Lime Juice | 1 Tbsp | Honey |
| 1/2 tsp | Kosher Salt | 1/4 tsp | Kosher Salt |
| 8 oz | Gold Beets, Fresh | 1/4 tsp | Ground Black Pepper |
| 2 Tbsp | Shallots, Fresh Peeled, Minced | | |

METHOD:

Use dinosaur or Tuscan kale. Remove stems and chiffonade; cut into thin strips. Place in a bowl and combine with olive oil, citrus juices and salt. Toss to combine and marinate for 2 hours.

Meanwhile, cook whole golden beets, either in the oven or boil until tender. Peel and cut into strips.

Add all ingredients together.

CHEF'S NOTES:

Marinating the kale with citrus juices and salt softens or 'cooks' the vegetable.

SWEET POTATO, KALE, PECAN FRITTATA

Portion: 8 oz Yields: 8

Shredded sweet potatoes with blanched kale, pecans, grano and ricotta cheese baked in a custard



CALORIES (kcal): 316.5
PROTEIN (g): 18.9
CARBOHYDRATE (g): 31.5
TOTAL FAT (g): 13.9
SODIUM (mg): 408.9
SAT FAT (g): 4.4
DIETARY FIBER (g): 4.6

INGREDIENTS:

| | | | |
|-----------------|---|-----------|---------------------------|
| 1/2 cup | Grano or Farro, Dry | 1/2 cup | Golden Raisins |
| 6 oz/4-1/2 cups | Kale, Fresh, Chopped | 2 cup | Ricotta Cheese, Part Skim |
| 1 Tbsp | Oil, Olive | 3/4 tsp | Salt, Kosher |
| 1 cup | Diced Onions, Fresh | 1/4 tsp | Black Pepper, Ground |
| 2 Tbsp | Garlic Cloves, Minced, Fresh | 4 ea | Egg, Fresh |
| 10 oz | Sweet Potatoes, Fresh, Peeled, Shredded | 1-1/2 cup | Egg White, Pasteurized |
| 1/2 cup | Pecan Halves, Chopped | | |

METHOD:

Place grano or farro grains in water and bring to a boil. Cook until tender, about 20-30 minutes. Drain and place in a bowl. Blanch kale in a separate pot with boiling water for 30 seconds to wilt, drain and rinse under cold water to cool. Squeeze out water and chop. Place in same bowl as the grain.

Heat oil in a hot pan and sauté onions and garlic until onions are translucent, about 2 minutes. Add to other ingredients. Add shredded potatoes, nuts, raisins, salt and black pepper to bowl. Mix well. Add in ricotta cheese and mix keeping the cheese a bit chunky. Place ingredients into an oven proof pan such as a 10" cast iron pan or cake pan.

Whisk together eggs and whites and add to pan. Press gently to ensure even distribution of ingredients. Bake in a preheated 350F degree oven for 20-30 minutes (it is ready when the center is firm to the touch).

CHEF'S NOTES:

Adding egg whites results in a fluffier lighter custard. You may omit the whites and have a slightly denser custard and just a delicious.