



Wilted Rainbow Chard Ribbons

with Citrus



Chard is a beautiful leafy green that is prized for its colorful stems and is eaten all around the world (both the leaves and the stems are edible). It is a versatile vegetable that can be enjoyed fresh or cooked. Young tender chard leaves are tasty when eaten raw, tossed in a spring salad. Larger and more mature chard resembles kale and can be used in many similar ways in recipes.

Not sure what to do with your chard? Chard is lovely in egg dishes, is commonly found in Italian recipes from pasta to risotto, pairs well with chickpeas and is great in stews.

Ingredients:

- 1 bunch chard - washed and stems trimmed (cut off the dry end of stem)
- 2 Tbsp extra virgin olive oil
- 1 onion, medium sized
- 2 Tbsp honey
- 1 orange – peeled and cut into slices or segments.
- Sea salt, black pepper, balsamic vinegar to taste

Instructions:

1. Separate the leaves and stems of your chard (see video on opposite page). Cut the leaves into wide ribbons. Cut the stems on the diagonal. Keep the leaves and stems separate.
2. Prepare your onion by removing skin, cut in half and then thinly slice into half-moons.
3. In a large skillet, bring heat to medium and add your oil and then add your onions and honey. Cook, stirring frequently for about ten minutes. Add the orange and reduce heat to low. Cook for 5 more minutes stirring frequently.
4. Return the heat to medium and add your chard stems. Cook for several minutes until they soften.
5. Add the chard ribbons to the pan, stir, and turn off the heat. Cover with lid and let chard ribbons steam for several minutes until bright green and tender.
6. Stir well and sprinkle with sea salt and pepper to taste.

Want more flavor? Try adding a few Chard Flavor Companions: Garlic, Onions, Chickpeas, Cilantro, Tomato, Leeks, Lemon, Red Pepper Flakes, Shallots, Thyme, Pepper.

Nutrition Facts:

Makes: 4 servings

Per Serving: : 130 calories, 7.2 g fat, 1.0 g saturated fat, 233.8 mg sodium, 17.4 g carbohydrate, 2.2 g fiber, 13.5 g sugar, 1.6 g protein.



Kickin' Kale-Almond Pesto



Eat more kale! Try this fun twist on a traditional pesto by replacing all or part of the basil with kale leaves! This creates a super healthy and colorful sauce. Enjoy it on pizza, with pasta, or as a tasty afternoon snack by serving it as a dip with fresh veggies and crackers. There are many beautiful and unique kale varieties to try – from curly kale, to colorful red and purple kales, to vibrant green dino kale and more!

How to store it: Kale can store for a week or more in the refrigerator in a plastic bag.

Ingredients:

- 2 cups, washed and chopped kale leaves
- ½ cup toasted almonds
- 2 garlic cloves
- 3 Tbsp lemon juice (about 1 small lemon, juiced)
- 3 Tbsp extra-virgin olive oil
- Adjust to Taste: 1 tsp salt, ½ tsp black pepper, ¼ tsp red pepper flakes

Instructions:

1. Prepare kale by stripping leaves from stem and chopping leaves into pieces. *See helpful video below on how to process kale.*
2. Set up a food processor or blender – add in lemon juice, kale, almonds, garlic, and seasonings (salt, pepper, and red-pepper flakes). Start to process until smooth while slowly pouring in olive oil.
3. Taste and adjust seasonings as needed.
4. **Let's experiment!** Don't have any almonds at home or have an allergy? Try using any seed or nut to replace almonds and see how it changes the flavor and texture!

Want more flavor? Try adding a few Kale Flavor Companions: Garlic, Onions, Red Pepper Flakes, Thyme, Ginger, Lemon, Oregano, Tomatoes, Red Wine Vinegar, Chicken Stock, Citrus Zest

Nutrition Facts:

Makes: 8 servings

Per Serving (2 Tbsp): 91 calories, 8 g fat, 299 mg sodium, 4 g carbohydrate, 1 g fiber, 0 g sugar, 2 g protein.



World Flavors: Adventure with Kale Chips!

Kale chips are nutritious and delicious, but you can make them even more exciting by adding different spices and herbs! A good way to start getting adventurous with flavors is to get familiar with the spices in your cabinet. Your nose is going to be your best friend when deciding if something is going to taste good. Start by taking a big whiff, but be careful with peppers - they will surely make you sneeze! Less is often more when it comes to seasoning. You don't want to overdo it. You can always add more if you want, but it is harder to undo over-seasoning!

Kale chips are yummy with a variety of seasonings - sometimes using just one or two, and other times mixing several! Some of our favorites include garlic powder, onion powder, curry or turmeric powder, black pepper, cumin, lemon powder, chili powder, everything-but-the-bagel seasoning, and more. Nutritional yeast is another wonderful addition that we add to almost every batch of kale chips. It gives them a cheese-like tang! For a fun twist, you could even sprinkle in some fresh chopped herbs.

Basic Kale Chip Recipe

Ingredients:

- 1 bunch of kale
- 2 Tbsp olive oil
- Sprinkle of salt

Directions:

1. Preheat the oven to 275 degrees F.
2. Remove the ribs and stems from the kale and cut into 1 1/2-inch pieces.
3. Lay on a baking sheet and toss with the olive oil and salt.
4. Bake until crisp, turning the leaves halfway through, about 20 minutes.
5. ENJOY!!

Check out these lists of spices and herbs from different parts of the world! Happy tasting!!

Africa: apple cider vinegar, annatto, arrowroot, bay leaf, cinnamon, cilantro, cloves, coconut milk, coriander, dill, ginger, mustard, nutmeg, oregano, other vinegars, paprika, parsley, peppers, sage, sesame

Asia: amchoor, asafoetida, basil (Thai), cardamom, chiles, clove, coriander, curry leaves, fennel, fenugreek, galangal, garlic, ginger, ginseng, lemongrass, makrut lime leaves, masala, mint, parsley, pepper, scallion, star anise, turmeric, wasabi

Latin America: chiles (ají, cayenne, jalapeño, guajillo, habanero, pasilla, poblano, scotch bonnet, serrano), cilantro, cinnamon, epazote, garlic, oregano, parsley, cumin

Mediterranean: anise, basil, bay leaf, chiles, clove, cumin, fennel, garlic, lavender, marjoram, mint, oregano, parsley, pepper, pul biber (Aleppo pepper), rosemary, sage, savory, sumac, tarragon, thyme, za'atar