

Baked Kale Chips

smittenkitchen.com

- 1 bunch kale
- 1 tablespoon olive oil
- Sea salt to taste

Preheat oven to 300 degrees.

Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with sea salt.

Arrange leaves in a single layer on a large baking sheet (can be lined with parchment paper for easy cleanup if you choose). Bake for 20 minutes or until crisp. Place baking sheet on a rack to cool.

For Kale dusted popcorn - take some of the chips and grind them up with a mortar and pestle until fine and sprinkle over popcorn - a bit of Parmesan cheese mixed with the ground kale prior to sprinkling makes a nice alternative!

Bruschetta with Sauteed Greens
Bon Appétit | March 1998 | www.epicurious.com

- 1 tablespoon plus 12 teaspoons extra-virgin olive oil
- 1 tablespoon minced garlic
- 8 ounces greens (such as Swiss chard, spinach, or beet tops), stems removed, leaves sliced
- 4 6 x 3 x 1/2-inch slices country-style white bread, toasted, each slice cut in half crosswise
- Grey Celtic salt (also called gros sel or gray salt) or other salt

Heat 1 tablespoon oil in heavy large skillet over medium heat. Add garlic and stir 15 seconds. Add greens and sauté until tender, about 3 minutes. Place toasts on platter. Drizzle 1 1/2 teaspoons oil over each toast. Top with greens. Sprinkle with salt and pepper.

Greens and Cheese Bake

southernfood.about.com

1 1/2 pounds greens, washed and trimmed (kale, mustard greens, turnip greens, collard greens, or mixed)
salt and black pepper
1 1/2 cups chicken or vegetable broth, divided
1 cup half-and-half
4 tablespoons butter
1/4 cup flour
1/3 cup grated Parmesan cheese
1/2 cup ricotta cheese (whole milk or part skim)
3 tablespoons dry bread crumbs
2 ounces Mozzarella cheese, shredded, about 1/2 cup

Butter or spray a 1 1/2-quart baking dish or casserole; preheat the oven to 375°. Cut out and discard the tough stems; if using kale or collards, cut out thick center ribs. Rinse all the greens and shake off any excess water, chop them into 1/2-inch pieces. In a large skillet, cook the greens over low heat, adding them by handfuls and stirring them down as they wilt. Add 1/2 cup of chicken broth, then cover the skillet; braise for 10 to 15 minutes, or until tender. Pour off any liquid left in the skillet, then season the greens with salt and pepper. Transfer to a bowl and set aside.

Heat the remaining 1 cup of broth and half-and-half in a saucepan, just until bubbles form around the edge of the pan. In the large skillet, melt the butter over low heat. Add the flour and cook, stirring, for one minute. Add the hot broth mixture all at once and stir over medium heat until the sauce is smooth and thickened. Whisk in the grated Parmesan and ricotta cheeses. Stir the greens into the cheese sauce and pour the mixture into the prepared baking dish. Sprinkle with the bread crumbs and then sprinkle the grated mozzarella over the top; bake for 20 minutes, or until the sauce is bubbling and the mozzarella is melted and lightly browned. Serve immediately.

Greens Tacos

Mariquita Farms | www.mariquita.com

- 3/4 pounds greens, cleaned well and sliced into approximate 1 inch pieces (Mustard, Kale, Swiss chard, Radish - any kind of green you'd like)
- 2 teaspoons cooking oil
- 2 chopped garlic cloves, or another alium family, what ever you have on hand (onion, green onion, green garlic, leek.....)
- Pinch red pepper flakes or cayenne
- 2 Tablespoons cream cheese
- 4-6 small corn tortillas or 2-3 larger flour ones

Heat the oil and add the garlic, having the greens ready to go, and cook garlic for about 30 seconds. Then add greens and cook until bright green and wilted, add red pepper (and salt and black pepper if you like). Take off heat and stir in cream cheese. Heat tortillas, divide filling among them. Eat and enjoy.

Grilled Greens

acraftylass.blogspot.com

- 1 bunch of hearty greens (collard, beet, swiss chard)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon white vinegar
- Kosher salt and fresh ground black pepper, to taste

Pre-heat gas grill to high or charcoal grill so that coals are at their hottest. Wash greens thoroughly and shake off any excess water. Set whole greens with stems on grill grate and move frequently with tongs to provide substantial grill marks on the wilting leaves. Allow the stems to linger over the hottest part of the grill as they will take longer to cook. Total cooking time should take no longer than five minutes.

Once the greens are cool enough to handle, slice the leaves into half inch ribbons and the stems into quarter inch pieces. Place the greens in a medium mixing bowl, add the olive oil, vinegar, salt and pepper, and toss to combine.

Can be served hot, at room temperature, or cooled and re-heated.

Kale and Red Onion Savory Breakfast Squares

1 bunch Kale, chopped
1/2 red onion, chopped
2 cloves garlic, minced (1/2 tsp minced garlic)
1/2 tsp. olive oil
1 tsp. Tamari or other soy sauce
1 C grated cheese (your choice)
1/4 cup 100% whole wheat bread crumbs (optional; it's been made successfully without the bread crumbs)
6 eggs, beaten well
1/2 tsp. Spike Seasoning

Preheat oven to 350F. Heat olive oil in large heavy frying pan, then add onions and saute 3 minutes. Add garlic and saute about 2 more minutes, then add kale, turning over as it wilts and sauteing about 5 minutes, or until kale is significantly wilted and softened.

Put sauteed vegetables into large bowl and add Tamari, cheese, bread crumbs, beaten eggs, and Spike seasoning. Stir gently until ingredients are well distributed. Spray pan with olive oil or nonstick spray and pour in egg mixture. Bake 20-25 minutes until eggs are well set and the top is lightly browned. Serve hot. This is good with low-fat sour cream or salsa.

Punjab Mustard Greens

2.5 lbs or so mustard greens (or a mix of greens), washed and chopped
1 tsp garlic paste
1 tsp ginger paste
1 tsp red chile powder (or to taste)
2 tbs finely ground maize flour (you can use whole wheat flour or chickpea flour if you don't have maize flour)
1 tbs butter
2 tbs oil for frying
salt to taste

You boil the mustard until it softens, then puree it with some of the cooking liquid. OR You can add 1/2 cup or so water to a large pot, allow that to boil, then add the mustard, and allow it to melt down and then cook on low heat for about 1/2 hour, adding a little water if necessary. This method keeps all the vitamins in the spinach but just takes longer than boiling. Then you puree it and keep it aside.

Now heat the oil and ginger/garlic pastes. When these turn golden, quickly add in the red chile powder, then before it burns, stir in the mustard green puree. Mix well, add in a your salt and the maize flour. Mix well. You may need to add a little water to this. Then just lower heat, cover, and simmer for 30 minutes. To serve, add shards of butter on top.

Traditionally this is served with maize flour flat bread, but I suppose you could use corn tortillas or even just serve this as a side dish with another meal.

Raw Tuscan Kale Salad

www.101cookbooks.com

In the Kitchen with a Good Appetite

1 bunch Tuscan kale (for ex: black or lacinato)

2 thin slices country bread, or two handfuls good, homemade coarse breadcrumbs

1/2 garlic clove

1/4 teaspoon kosher salt, plus a pinch

1/4 cup (or small handful) grated pecorino cheese, plus additional for garnish

3 tablespoons extra-virgin olive oil, plus additional for garnish

Freshly squeezed juice of one lemon or 1/4 cup juice

1/8 teaspoon red pepper flakes

Freshly ground black pepper to taste

Trim the bottom few inches off the kale stems and discard. Slice the kale into 3/4-inch ribbons. You should have 4 to 5 cups. Place the kale in a large bowl. If using the bread, toast it until golden brown on both sides and dry throughout. Tear into small pieces and pulse in a food processor until the mixture forms coarse crumbs, or crumbs to your liking. Using a mortar and pestle or a knife, pound or mince the garlic and 1/4 teaspoon of salt into a paste. Transfer the garlic to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, pinch of salt, pepper flakes, and black pepper and whisk to combine. Pour the dressing over the kale and toss very well (the dressing will be thick and need lots of tossing to coat the leaves).. Let the salad sit for 5 minutes, then serve topped with the bread crumbs, additional cheese, and a drizzle of oil.

Red Russian Kale and Red Onion Savory Breakfast Squares

- 1 bunch Red Russian Kale, chopped
- 1/2 red onion, chopped
- 2 cloves garlic, minced (1/2 teaspoon minced garlic)
- 1/2 teaspoon olive oil
- 1 tsp. Tamari or other soy sauce
- 1 C grated cheese (your choice)
- 1/4 cup 100% whole wheat bread crumbs (optional; it's been made successfully without the bread crumbs)
- 6 eggs, beaten well
- 1/2 teaspoon Spike Seasoning

Preheat oven to 350F. Heat olive oil in large heavy frying pan, then add onions and sauté 3 minutes. Add garlic and sauté about 2 more minutes, then add kale, turning over as it wilts and sautéing about 5 minutes, or until kale is significantly wilted and softened.

Put sautéed vegetables into large bowl and add Tamari, cheese, bread crumbs, beaten eggs, and Spike seasoning. Stir gently until ingredients are well distributed. Spray pan with olive oil or nonstick spray and pour in egg mixture. Bake 20-25 minutes until eggs are well set and the top is lightly browned. Serve hot. This is good with low-fat sour cream or salsa.

Ricotta Stuffed Squash

www.cooks.com

- 8 yellow summer squash or zucchini squash or patty pan squash
- 2 tbsp. butter
- 1 sm. onion, finely chopped
- 1 clove garlic, minced or pressed
- 1 (10 oz.) pkg. frozen chopped spinach, thawed
- 2 eggs
- 2 c. (1 lb.) ricotta cheese
- 1/4 c. grated Parmesan
- 1 tbsp. chopped parsley
- 1/2 tsp. salt
- 1/2 tsp. dry basil
- 1/2 tsp. oregano leaves
- Dash of pepper
- Tomato sauce (recipe follows)

Cut squash in half lengthwise. Scoop out seeds and part of pulp, leaving shells about 1/2 inch thick. Steam squash shells over boiling water until crisp-tender, about 5 minutes. Plunge in cold water, drain well, set aside.

In small frying pan over medium heat, melt 1 tablespoon of the butter. Add onion and garlic and cook until onion is limp. Squeeze spinach to remove excess moisture. Add spinach to onion mixture and cook for 1 minute; let cool.

In a bowl, combine eggs with ricotta until well blended. Stir in Parmesan, parsley, salt, basil, oregano, pepper and spinach mixture. Fill squash shells with about 3 tablespoons of filling per squash. Arrange shells in a shallow baking pan. Melt remaining 1 tablespoon butter and brush over cut surfaces of squash. If made ahead, cover and refrigerate. Bake uncovered in a 350 degree oven for 20 minutes (30 minutes if refrigerated). While squash is baking, prepare tomato sauce to spoon over squash before serving.

TOMATO SAUCE: In 1-quart pan, simmer together for 5 minutes 1 (15 oz.) can tomato sauce, 2 tablespoons chopped parsley, 1 clove minced garlic, 1 teaspoon dry basil, 1/2 teaspoon oregano. Salt and pepper to taste.

Roasted Kabocha Squash with Greens

adapted from Clean Food | www.cooklocal.com

1 small kabocha squash
2 shallots, minced
1 tsp oil or butter (note: this is for caramelization and I prefer butter, but this = NOT vegan)
3 Tbsp balsamic vinegar
3 Tbsp grapeseed oil
1 tsp salt
2 cloves of garlic, minced
1 large bunch of greens (kale, collard, swiss chard spinach, etc) chopped

Preheat the oven to 425. Cut the Kabocha squash in half and scoop out the seeds. You can reserve the seeds and roast them. Cut the squash into chunks, leaving the skin on. Mix the squash with the balsamic vinegar, oil, and salt.

Roast the squash for 30 minutes, stirring occasionally. Meanwhile, sauté the shallots in the butter/lard/oil over low heat, stirring regularly. Your goal is to caramelize the shallots and get them slightly crispy. Remove the shallots with a slotted spoon and drain on a paper towel. Remove the squash from the oven when tender and set aside.

In a large pan over medium heat, sauté the garlic for 2 minutes, or until very fragrant. Add the greens in small batches, stirring constantly, until the greens have started to wilt and turn bright green.

Add squash to the greens, mix, and serve, topped with the caramelized shallots.

Notes: This is a beautiful dish. The original recipe called for the shallots to be mixed in with the squash when roasting, but I completely forgot to mix them in. So I adapted the recipe to caramelize the shallots, thus making the recipe not vegan (since I caramelize in a mixture of butter and oil). However, I am sure that the flavor would be excellent the way the recipe was written as well. Plus, I like crunchy things topping my food. You can certainly caramelize shallots in oil to preserve the vegan-ness of the dish.

You can eat the skin of kabocha squashes. In fact, a lot of the nutrients are in the skin. So don't be afraid to leave the skin on. If you chose a green kabocha squash, you'll have even more green brilliance in this dish. The original recipe was all kale, but I had some collard greens on hand that needed to be used up, so I mixed half and half. The kale is a brighter green and I think it gives a slightly better texture than the collards. You could even add spinach or turnip greens or swiss chard to this dish as well. You don't want to cook the greens too much. Just cook them long enough for them to wilt nicely and reduce in volume by about 1/3 to 1/2.

Roasted Squash Pie

leitesculinaria.com | Ted Allen

1/2 package (1 pound) frozen filo dough
One 2 1/2-pound winter squash
2 medium red onions, sliced through the equator, 1/2 inch thick
1 red bell pepper, halved, stemmed, and seeded
2 teaspoons kosher salt
5 tablespoons extra-virgin olive oil, plus 1/3 cup for brushing the filo, or as needed
1 tablespoon finely chopped ginger (about 1 inch, peeled)
1 teaspoon ground cumin
1/4 teaspoon round cinnamon
1/4 cup coarsely chopped fresh cilantro
1/4 teaspoon freshly ground black pepper
1/3 cup raisins
1/4 cup walnut pieces
2 medium garlic cloves, chopped
One 16-ounce bag spinach, large stems removed

Preheat the oven to 425°F (220°C). Remove the filo from the freezer and thaw at room temperature for 1 hour.

Trim off both ends of the squash. Cut it in half crosswise, where the neck joins the rounded body. Working with the neck end, peel off the tough skin with a vegetable peeler (or stand it on end and cut off the skin with a large knife). Cut into 3-inch chunks. Cut the rounded end in half, scoop out and discard the seeds. Peel with a vegetable peeler or a knife and cut into 3-inch chunks.

Put the squash chunks, onion slices, and red pepper halves on a baking sheet so that the vegetables are in a single layer. Sprinkle with 1 teaspoon of the salt and 3 tablespoons of the oil. Toss to coat the vegetables with the oil. Roast for 30 minutes, turning the vegetables once with a spatula. Remove the pepper halves and turn everything again. Roast for 10 more minutes, or until the vegetables are tender and lightly browned. Dump the squash into a large bowl. Quarter the onion slices and cut the pepper into 1-inch cubes; dump them both into the bowl. Sprinkle the vegetables with the ginger, cumin, cinnamon, cilantro, 1/2 teaspoon salt, and the pepper. Add the raisins and toss gently; set aside.

Turn the oven temperature down to 375°F (190°C). Put the walnuts on a baking sheet and toast in the oven, shaking the pan twice for even cooking, until lightly browned, 5 to 7 minutes. Remove from the oven and chop; dump them into the bowl with the vegetables and stir gently.

Heat the remaining 2 tablespoons olive oil with the garlic in a large frying pan over a medium flame. Cook, stirring occasionally, for 2 minutes to flavor the oil. Add about one third of the spinach

and cook, turning it in the oil with tongs until wilted, about 1 minute. Add more spinach and cook, turning as before, and then add the remaining spinach. Sprinkle with the remaining 1/2 teaspoon salt and cook until all the spinach is wilted, 2 to 3 minutes total.

To assemble the pie, have ready a 9-X-13-inch baking dish and a pastry brush. Pour 1/3 cup olive oil into a small bowl. Set that on a work area with the filo and the vegetables. Open the package of thawed filo and unroll the pastry sheets so that they lie flat. Brush the baking dish with olive oil. Arrange the dish so that one long side faces you. Starting at the left edge of the dish, lay one sheet of filo in the dish crosswise so that it covers about half of the bottom, and half of the sheet hangs over the side facing you. Brush the part that covers the bottom with olive oil. Now lay a second sheet along the right-hand side of the dish, overlapping the first sheet in the middle of the dish and overhanging the side facing you. Brush with olive oil. Repeat with two more sheets, but this time, arrange them in the dish so that they overhang the other long side of the dish (at the top). Continue in the same way until you've used fourteen sheets of filo. As you're working, you'll come across some sheets of pastry that stick together and rip. Discard them if you need to — you have more sheets than you need.

Line the bottom of the dish with about half of the spinach, using your hands to open up the leaves and spread them out. Spoon the squash mixture on top and gently flatten with the spoon. Cover with the rest of the spinach. Still working with one long side of the dish facing you, fold one of the filo sheets over the filling and brush with oil. Fold the sheet next to it over and brush with oil. Do the same for the two sheets on the opposing side of the dish. Continue in this way until all of the filo is folded over the filling.

Then cover with two more sheets of filo, brushing each with more oil. (You may run out of oil. That's fine, just pour more into the dish.)

Put the baking dish in the oven and bake until the pastry is golden brown, 30 to 35 minutes. Let stand for 15 minutes before serving, or let cool to room temperature.

Sauteed Swiss Chard with Parmesan Cheese

Dannyboy | allrecipes.com

2 tablespoons butter

2 tablespoons olive oil

1 tablespoon minced garlic

1/2 small red onion, diced

1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately

1/2 cup dry white wine

1 tablespoon fresh lemon juice, or to taste

2 tablespoons freshly grated Parmesan cheese

salt to taste (optional)

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

Spinach and Bocconcini Pizza
the Essential Finger Food Cookbook

- Pizza crust - anything from bite size to full size - your choice
- Tomato relish
- Shredded spinach/spinach mustard leaves
- Sliced Roma tomatoes
- Sliced bocconcini (fresh mozzarella in whey)

The amounts of each ingredient depend on the size of your pizza. Basically, you spread the tomato relish over your pizza crust and sprinkle the spinach leaves on top of the relish. Then add slices of roma tomatoes, topping each tomato slice with a slice of fresh mozzarella.

Note: a bit of fresh basil between the tomato and the fresh mozzarella is lovely.

Bake at 400 degrees F for 15 minutes.

Stir Fried Veggies

S. Brewer

Baby bok choy

Greens

Carrots, Onions (green onions or regular onion), Garlic and Peppers (color your choice)

Any other veggies in your frig or freezer (corn, peas, green beans, etc)

Sesame oil

Salt and pepper to taste

Slice bok choy, greens, carrots, onions and garlic (you can chop the garlic or use a press) in 1/4" slices. Add sesame oil to wok or skillet and let heat. Then add carrots, peppers, onions and garlic. Saute for about 5 minutes, then add other veggies. Cover and let cook for about 10 minutes. Add bok choy and greens. Cover and cook for about 3 - 5 minutes (just till the greens are wilted). Salt and pepper to taste. The amount of time to cook depends on how you like your veggies. I like mine with a bit of crunch still to them. The amount of each veggie you use depends on how much you like them and how many you're feeding.

Swiss Chard Gratin

Gourmet | October 2000 | epicurious.com

5 tablespoons unsalted butter
1 cup fresh white bread crumbs
3 oz Tomme de Savoie or Gruyère cheese, grated (1 cup)
1 garlic clove, halved lengthwise, germ removed if green, and garlic finely chopped
1 tablespoon finely chopped mixed fresh herbs (preferably chives, tarragon, and flat-leaf parsley)
1/8 teaspoon freshly grated nutmeg
1 cup low-sodium chicken broth
1/2 cup heavy cream
1 tablespoon all-purpose flour
1 medium onion, finely chopped
3 lb Swiss chard, leaves and stems separated and both cut into 1-inch pieces
1 lb spinach, coarse stems discarded, leaves coarsely chopped

Melt 2 tablespoons butter and toss with bread crumbs, cheese, garlic, herbs, half of nutmeg, and salt and pepper to taste in a bowl.

Boil broth in a small saucepan until reduced by half. Add cream and keep warm.

Melt 1 tablespoon butter in a small heavy saucepan over moderate heat and stir in flour. Cook roux, whisking, 1 minute, then whisk in broth mixture and boil, whisking, 1 minute. Season sauce with salt and pepper.

Preheat oven to 400°F.

Cook onion in remaining 2 tablespoons butter in a wide 8-quart heavy pot over moderately low heat, stirring, until softened. Add chard stems, remaining nutmeg, and salt and pepper to taste and cook, stirring, until vegetables are tender but not browned, about 8 minutes. Increase heat to moderately high and add chard leaves and spinach by large handfuls, stirring, until all greens are wilted. Season with salt and pepper. Transfer vegetables to a colander to drain well and press out liquid with back of a large spoon. Toss vegetables with cream sauce and transfer to a buttered 12-inch oval gratin or 2-quart shallow baking dish, spreading evenly.

Top vegetables with bread crumbs and bake in middle of oven until bubbling and topping is golden, about 20 minutes.

Wilted Kale and Mustard Greens Salad

manifestvegan.com

4-6 leaves kale, any variety
4-6 leaves mustard greens
1 tsp agave
1 tsp salt
2 tbsp -1/4 cup grapefruit juice... freshly squeezed
1/2 cup walnuts
1/2 ripe avocado
1 large portobello mushroom cap
a few Cherry tomatoes

First rinse Kale and mustard greens well and then pat dry. Cut leaves into small strips, using a proper chiffonade method, or just do like I do: roll the leaves up and chop away! Place chopped leaves into a large bowl.

Next, take grapefruit juice, salt and agave and massage into leaves until they become wilted. I like to really get my hands in there and make sure the grape fruit juice, salt and agave have thoroughly covered each piece. Set leaves aside. Now, saute the portobello cap (whole), over medium heat in a tiny bit of water, until soft all the way through. Salt lightly.

On cutting board, slice up mushroom cap, avocado, and cherry tomatoes. Place on top of greens inside bowl. Using a food processor, chop up the walnuts into tiny crumbs. Sprinkle on top of salad and enjoy!