



*Local solutions.
Planet healthy.*

Crispy Kale

6 portions

6 - 8 cups	Fresh kale, stems removed and chopped 1 inch
2 tbsp.	Olive Oil
1 tsp.	Apple Cider Vinegar
1/2 tsp.	Salt - Kosher or Sea Salt

Preheat oven to 350 degrees. Spread kale out on a sturdy baking sheet. Drizzle with olive oil and apple cider vinegar. Toss to coat completely. Place on the lowest rack of the oven and bake for 10 minutes.

Remove from oven and stir. Bake another 8 to 12 minutes or until kale is crispy. It should be just lightly browned and crispy to the touch. If kale still bends, rather than crackles, when you touch it, it isn't done yet. Return it to the oven. Turn down the heat if it is getting too brown. Continue cooking until crispy. Remove from oven, and sprinkle with sea salt and serve immediately.

Creamy Chard

4-6 portions From the Chez Panisse Vegetables Cookbook

1 bunch	Chard
1 tsp.	Olive Oil
2 tbsp.	Crème Fraiche
To Taste	Salt and Pepper

Stem the chard, wash and drain the leaves, and cut them into a rough chiffonade. Sauté in olive oil, covered, for 5 minutes or so, until the leaves are wilted and tender. Remove the cover and cook away the excess moisture.

Season at the last minute with a pinch of red pepper flakes according to taste, with salt and pepper, and mix in Crème Fraiche just before serving.

Note: You can substitute any hardy winter green for the Swiss Chard. Mustard Greens, Beet Greens, Kale and Turnip Greens are options.

Collards and Rice

From the Victory Garden Cookbook

2 cups	Chicken or Vegetable Broth
1 cup	Long-Grained Rice
1 tbsp.	Butter
1/2 tsp.	Salt
3 cups	Chopped, raw and loosely packed Collard Greens
To Taste	Freshly Ground Black Pepper

Boil broth. Add the rice, butter and salt. Stir once and then add the collards, handful by handful, stirring constantly. Cover, bring to a boil, reduce heat and cook until the rice is done, about 20 minutes. Season to taste.



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Collard Greens from Will Allen

From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce

1 bunch	Collard Greens, stems cut out and discarded
¼ cup	Olive Oil
½ tsp.	Salt
¼ tsp.	Pepper
1 tsp.	Sugar
1 tsp.	Minced garlic (optional)
1 tsp.	Cider Vinegar (optional)

Roll leaves tightly, then slice for a chiffonade of greens. Heat the oil in a large pan over medium heat with all of the ingredients except the greens and the vinegar. When the oil is hot, add collards and stir often for 15-20 minutes until the collards are tender, taking care not to burn the greens. Add more oil if necessary. Add vinegar at the end if you choose.

Portuguese Kale and Potato Soup

From Gourmet Magazine, November 2009

¼ cup	Extra Virgin Olive Oil, divided
½ lb.	Chourico, Linguica or Kielbasa, cut into ½ inch pieces
1	Medium Onion, chopped
2 cloves	Garlic, minced
1 lb.	Russet Potatoes, peeled and cut into 1" pieces
6 cups	Water
1 lb.	Kale, stems and center ribs discarded, thinly sliced

Heat 1 tablespoon of oil in a 5-quart heavy pot over medium-high heat until it shimmers, then brown sausage, stirring often, 2 to 3 minutes. Transfer with a slotted spoon to a bowl. Add 2 tablespoons of oil to the fat in the pot and cook onion and garlic with ¼ teaspoon of each salt and pepper over medium heat, stirring often, until browned, 7-8 minutes.

Add potatoes, water and 1 teaspoon of salt and simmer, covered, until potatoes are very tender, 15-20 minutes. Mash some potatoes into soup to thicken, then add kale and simmer, uncovered, until tender, about 5 minutes. Stir in sausage and cook just until heated through, 1-2 minutes. Drizzle with the remaining tablespoon of oil and season with salt and pepper.