



EatingWell Healthy Kale Recipes

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Kale Chips

Makes: 4 servings, about 2 cups each

Active time: 25 minutes **Total:** 25 minutes

To make ahead: Store in an airtight container at room temperature for up to 2 days.

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

Not a fan of kale? These crispy baked kale chips will convert you! For the best result, don't overcrowd the pans.

1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups)

1 tablespoon extra-virgin olive oil

¼ teaspoon salt

1. Position racks in upper third and center of oven; preheat to 400°F.

2. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)

3. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

Per serving: 110 calories; 5 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 5 g protein; 6 g fiber; 210 mg sodium; 642 mg potassium.

Nutrition bonus: Vitamin A (767% daily value), Vitamin C (192% dv), Calcium (20% dv), Potassium (18% dv).

Pork, White Bean & Kale Soup

Makes: 6 servings, about 1½ cups each

Active time: 40 minutes **Total:** 40 minutes

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Kale is matched up here with white beans and chunks of lean pork tenderloin to create a soup that's satisfying and quick to make. Smoked paprika gives the soup a Spanish flair so some warm bread and sliced Manchego cheese would go well on the side.

- 1 tablespoon extra-virgin olive oil
- 1 pound pork tenderloin, trimmed and cut into 1-inch pieces
- $\frac{3}{4}$ teaspoon salt
- 1 medium onion, finely chopped
- 4 cloves garlic, minced
- 2 teaspoons paprika, preferably smoked
- $\frac{1}{4}$ teaspoon crushed red pepper, or to taste (optional)
- 1 cup white wine
- 4 plum tomatoes, chopped
- 4 cups reduced-sodium chicken broth
- 1 bunch kale, ribs removed, chopped (about 8 cups lightly packed)
- 1 15-ounce can white beans, rinsed (see *Tip*)

1. Heat oil in a Dutch oven over medium-high heat. Add pork, sprinkle with salt and cook, stirring once or twice, until no longer pink on the outside, about 2 minutes. Transfer to a plate with tongs, leaving juices in the pot.

2. Add onion to the pot and cook, stirring often, until just beginning to brown, 2 to 3 minutes. Add garlic, paprika and crushed red pepper (if using) and cook, stirring constantly, until fragrant, about 30 seconds. Add wine and tomatoes, increase heat to high and stir to scrape up any browned bits. Add broth and bring to a boil.

3. Add kale and stir just until it wilts. Reduce heat to maintain a lively simmer and cook, stirring occasionally, until the kale is just tender, about 4 minutes. Stir in beans, the reserved pork and any accumulated juices; simmer until the beans and pork are heated through, about 2 minutes.

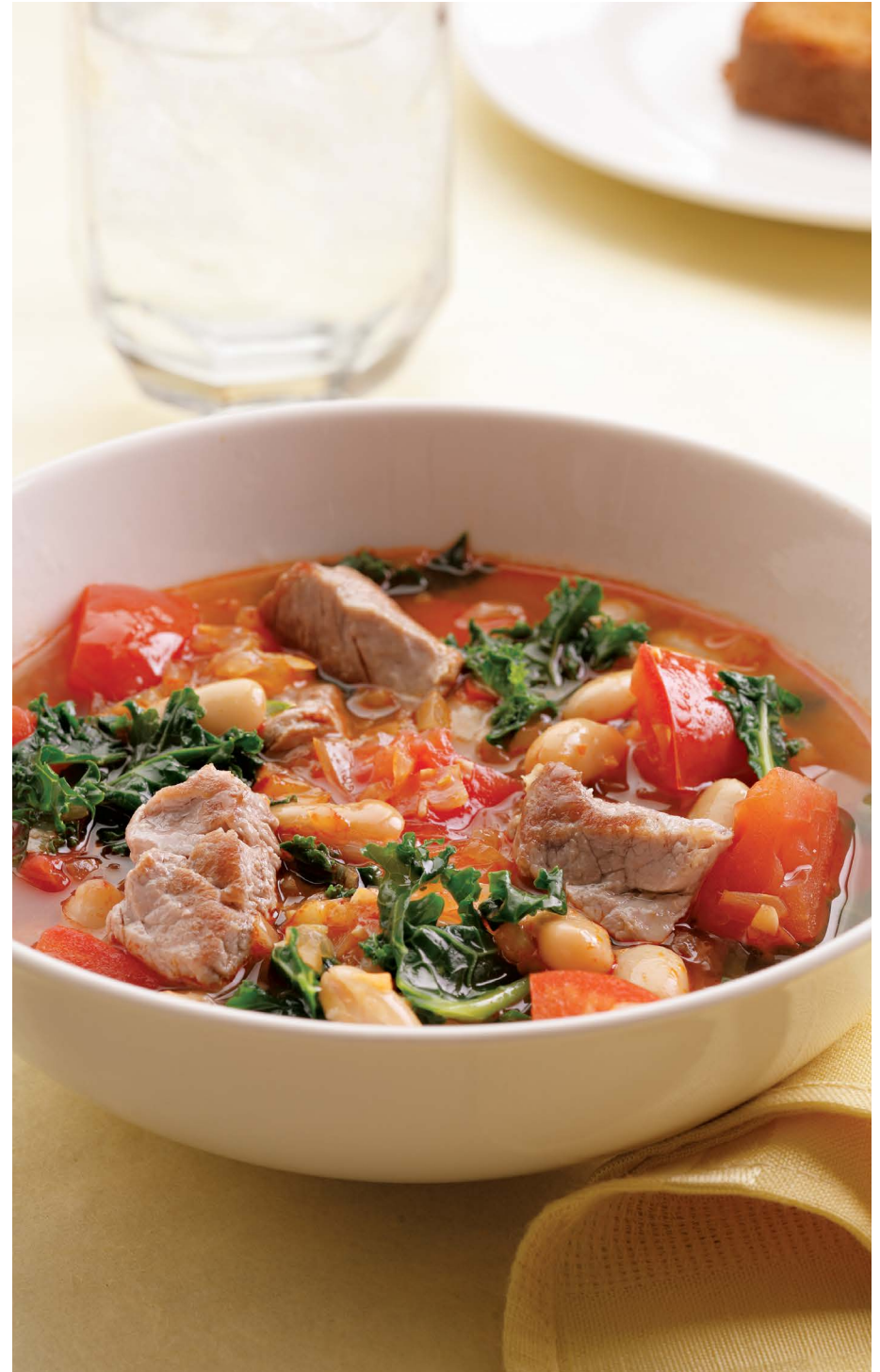
Per serving: 257 calories; 5 g fat (1 g sat, 2 g mono); 49 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 26 g protein; 6 g fiber; 911 mg sodium; 1,219 mg potassium.

Nutrition bonus: Vitamin A (289% daily value), Vitamin C (192% dv), Potassium (35% dv), Iron (21% dv), Zinc (21% dv), Calcium (18% dv).

Carbohydrate Servings: 2

Exchanges: 1 starch, 2 vegetable, 2 lean meat

Tip: While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (Our recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch. You'll find our Bean Cooking Guide at eatingwell.com/guides.





Green Smoothie

Makes: 2 servings, about 1¾ cups each

Active time: 10 minutes **Total:** 10 minutes

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Get your daily dose of dark leafy greens any time of day with this delicious green smoothie. Ground flaxseed adds omega-3s. Pour any extra into a freezer-pop mold and have it later as a frozen green smoothie pop.

- 2** ripe medium bananas
- 1** ripe pear *or* apple, peeled if desired, chopped
- 2** cups chopped kale leaves, tough stems removed
- ½** cup cold orange juice
- ½** cup cold water
- 12** ice cubes
- 1** tablespoon ground flaxseed (*see Tip*)

Place bananas, pear (or apple), kale, orange juice, water, ice cubes and flaxseed in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

Per serving: 240 calories; 3 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 5 g protein; 8 g fiber; 38 mg sodium; 987 mg potassium.

Nutrition bonus: Vitamin A (210% daily value), Vitamin C (208% dv), Potassium (28% dv), Magnesium (21% dv), Folate (18% dv).

Tip: Look for ground flaxseeds (or flax-meal) in the natural-foods section of large supermarkets or in natural-foods stores. Store in the refrigerator or freezer.

Salsa-Braised Kale

Makes: 4 servings, about ½ cup each

Active time: 10 minutes **Total:** 25 minutes

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Braising kale in salsa and topping it with cheese makes a delightful side dish for your favorite Mexican meal. Different brands of salsa have varying amounts of sodium. Sometimes prepared fresh salsa is the lowest.

- 1 tablespoon extra-virgin olive oil
- 1 large bunch kale, tough stems removed, coarsely chopped (about 16 cups)
- 1 cup store-bought salsa, preferably fresh
- ½ cup water
- ¼ cup crumbled or shredded Cotija cheese (see *Tip*) or Mexican-style cheese

Heat oil in a Dutch oven over medium-high heat. Add kale and toss until bright green, about 1 minute. Stir in salsa and water. Reduce heat to maintain a simmer; cover and cook, stirring occasionally, until the kale is tender, 12 to 15 minutes. Serve sprinkled with cheese.

Per serving: 161 calories; 7 g fat (2 g sat, 3 g mono); 9 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 7 g protein; 6 g fiber; 459 mg sodium; 649 mg potassium.

Nutrition bonus: Vitamin A (771% daily value), Vitamin C (197% dv), Calcium (26% dv), Potassium (19% dv).

Carbohydrate servings: 1

Exchanges: 2½ vegetable, 1 fat

Tip: Cotija cheese, also called *queso añejo* or *queso añejado*, is a salty aged Mexican cheese with a crumbly texture. Find it near other specialty cheeses or at Mexican grocery stores.





Pancetta & Greens Frittata

Makes: 6 servings

Active time: 30 minutes **Total:** 35 minutes

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This frittata is packed with hearty greens and leeks with a touch of salty bacon or pancetta and Asiago cheese for flavoring. We tested the recipe both with egg substitute and whole eggs. It works great either way, but has fewer calories and less saturated fat when you use egg substitute.

- 2 tablespoons extra-virgin olive oil**
- 3 ounces pancetta or 3 strips bacon, cut into ½-inch pieces**
- 2 cups sliced leeks, white and light green part only (see Tip)**
- 2½ cups sturdy greens, such as kale, radicchio or mustard greens, any tough stems removed, thinly sliced**
- 1 16-ounce container liquid egg substitute, such as Egg Beaters, or 8 large eggs, beaten**
- 1 cup shredded Asiago or Parmesan cheese**
- ½ teaspoon freshly ground pepper**

1. Position rack in upper third of oven; pre-heat broiler.

2. Heat oil in a large broiler-safe nonstick skillet or cast-iron skillet over medium-high heat. Add pancetta (or bacon) and cook, stirring frequently, until crisp, 2 to 3 minutes. Reduce heat to medium. Add leeks and continue cooking, stirring frequently, until the leeks have softened, 4 to 5 minutes more. Add greens and cook, stirring, until they are just beginning to wilt, about 1 minute.

3. Meanwhile, whisk eggs, cheese and pepper in a bowl. When the greens are just starting to wilt, pour the egg mixture over the ingredients in the pan. Using a spatula, carefully scrape the eggs from the edges to the middle of the pan as they cook, allowing uncooked egg to flow under, about 3 minutes. When the eggs are nearly set, place the skillet under the broiler until the top is cooked and the eggs are slightly browned, about 2 minutes. Let stand 5 minutes.

4. To release the frittata from the pan, run a rubber spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into wedges and serve.

Per serving: 238 calories; 15 g fat (6 g sat, 4 g mono); 27 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 15 g protein; 1 g fiber; 595 mg sodium; 294 mg potassium.

Nutrition bonus: Vitamin A (109% daily value), Vitamin C (62% dv), Calcium (22% dv), Folate (18% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 2 lean meat, 1 fat

Tip: To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.

Braised Greens & Cannellini Bean Panini

Makes: 6 servings

Active time: 1 hour **Total:** 1 hour

To make ahead: Cover and refrigerate braised greens and bean spread in separate containers for up to 3 days.

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A creamy spread of cannellini beans cooked with onion, garlic and white wine is the perfect match for tender braised greens. Press the two between pieces of crusty whole-wheat bread and you have an outstanding vegan panini.

Braised Greens

- 1½ pounds (about 2 bunches) hearty greens, such as kale or collards
- 3 tablespoons extra-virgin olive oil
- 2 large leeks, sliced ¼-inch thick (*see Tip, page 6*), white and light green parts only
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon crushed red pepper
- 1 cup vegetable broth

White Bean Spread & Sandwich

- 2 tablespoons extra-virgin olive oil
- 3 spring onion bulbs or 3 shallots, thinly sliced
- 2 cloves garlic, thinly sliced
- ½ cup dry white wine
- 1½ cups cooked cannellini beans or one 15-ounce can, rinsed
- ⅛ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 12 slices crusty whole-wheat bread
- Olive oil cooking spray

1. To prepare braised greens: Strip leaves from stalks. Stack and slice the leaves into 1-inch strips. Thinly slice the stems into ¼-inch pieces. Keep leaves and stems separate.

2. Heat 3 tablespoons oil in a large Dutch oven over medium heat. Add leeks and the chopped stems and cook, stirring, until softened, 4 to 5 minutes. Stir in ¼ teaspoon each

salt, pepper and crushed red pepper. Add the sliced greens and broth. Reduce heat to low, cover and cook, stirring occasionally, until the greens are very tender, 20 to 25 minutes. Uncover. If there's any liquid left in the pan, continue cooking for another minute or two until it is nearly gone.

3. To prepare bean spread: Meanwhile, heat 2 tablespoons oil in a medium saucepan over medium heat. Add onions (or shallots) and garlic and cook, stirring occasionally, until tender, 2 to 3 minutes. Add wine and cook until most of it is evaporated, 3 to 6 minutes. Stir in beans and ⅛ teaspoon each salt and pepper; cook until heated through, 1 to 2 minutes. Puree the bean mixture in a food processor until almost smooth. (Use caution when pureeing hot foods.)

4. To prepare panini: Coat one side of each slice of bread with cooking spray. With the sprayed side down, spread equal portions of the bean puree on 6 slices of bread. Top each with equal portions of the braised greens. Top with the remaining pieces of bread, sprayed-side up. Press in a panini maker until hot and crispy. (*Don't have a panini maker? See Tip.*)

Per serving: 381 calories; 12 g fat (2 g sat, 9 g mono); 0 mg cholesterol; 52 g carbohydrate; 1 g added sugars; 11 g protein; 8 g fiber; 710 mg sodium; 322 mg potassium.

Nutrition bonus: Vitamin A (286% daily value), Vitamin C (77% dv).

To make stovetop panini: Place four 15-ounce cans and a medium skillet (not nonstick) by the stove. For each batch, heat 1 teaspoon canola oil in a large non-stick skillet over medium heat. Place 2 sandwiches in the pan. Place the medium skillet on top, then weight it down with the cans. Cook the sandwiches until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the sandwiches, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more.





Massaged Kale Salad

Makes: 6 servings, about 2 cups each

Active time: 30 minutes **Total:** 30 minutes

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Here a pungent garlicky dressing is infused into kale by massaging the greens and the dressing together with your hands. Any type of kale will work in this kale salad recipe, just remember to remove the tough stems before you start.

- 2 bunches kale**
- ½ cup freshly grated Parmesan cheese**
- ⅓ cup extra-virgin olive oil**
- ¼ cup lemon juice**
- 3 large cloves garlic, minced**
- 1 tablespoon reduced-sodium soy sauce**
- 1 minced anchovy fillet or ½ teaspoon anchovy paste (optional)**
- ½ teaspoon freshly ground pepper**
- ¼ teaspoon salt**

Strip leaves from the stems (discard stems). Wash and dry the leaves. Tear the leaves into small pieces and place in a large bowl. Add Parmesan, oil, lemon juice, garlic, soy sauce, anchovy (if using), pepper and salt. With clean hands, firmly massage and crush the greens to work in the flavoring. Stop when the volume of greens is reduced by about half. The greens should look a little darker and somewhat shiny. Taste and adjust seasoning with more Parmesan, lemon juice, garlic, soy sauce and/or pepper, if desired.

Per serving: 185 calories; 15 g fat (3 g sat, 10 g mono); 6 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 5 g protein; 2 g fiber; 321 mg sodium; 370 mg potassium.

Nutrition bonus: Vitamin A (234% daily value), Vitamin C (159% dv), Calcium (18% dv).

Smoked Turkey, Kale & Rice Bake

Makes: 6 servings, about 1⅓ cups each

Active time: 20 minutes **Total:** 40 minutes

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This hearty one-skillet dinner is loaded with celery, kale, tomatoes and quick-cooking brown rice. It's easy to make the recipe vegetarian by substituting smoked tofu for the turkey.

- 1 tablespoon extra-virgin olive oil
- 2 cups thinly sliced leeks, white and light green parts only
- 1 cup thinly sliced celery
- 4 cups slivered kale leaves
- 1 28-ounce can diced tomatoes
- 1 cup low-fat, no-salt-added cottage cheese
- 1 cup instant or quick-cooking brown rice
- 6 ounces smoked turkey breast or smoked tofu, chopped (1½ cups)
- ¼ cup water
- 1 teaspoon freshly ground pepper, or to taste
- 1 cup shredded extra-sharp Cheddar cheese

1. Heat oil in a large, ovenproof skillet over medium-high heat. Add leeks and celery and cook, stirring frequently, until beginning to soften, 2 to 3 minutes. Add kale and tomatoes and cook, stirring, until the kale begins to wilt, 1 to 2 minutes. Stir in cottage cheese, rice, turkey (or tofu), water and pepper. Bring to a simmer. Reduce heat to medium-low, cover and cook for 10 minutes.

2. Meanwhile, position rack in upper third of oven; preheat broiler.

3. Stir the rice mixture, increase the heat to medium and cook, uncovered, until most of the liquid has evaporated, 10 to 12 minutes. Spread cheese on top. Broil until the cheese is bubbling, 2 to 3 minutes.

Per serving: 266 calories; 11 g fat (5 g sat, 4 g mono); 33 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 18 g protein; 4 g fiber; 605 mg sodium; 596 mg potassium.

Nutrition bonus: Vitamin A (147% daily value), Vitamin C (60% dv), Calcium (26% dv), Magnesium (18% dv), Potassium (17% dv).

Carbohydrate servings: 2

Exchanges: 1 starch, 2½ vegetable, 1½ lean meat, ½ high-fat meat, ½ fat



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)