Kale comes in a lovely array of greens in many fun textures and sizes. Often sold in the greens produce section it can also be found at farmers markets usually all season long. Kale grows well in our cool, shorter summer climate and can often withstand the temperatures into fall and early winter. Kale is a great source of Vitamin A, Calcium, folic acid, iron and Potassium.

**Kale Chips**
1 bunch Kale
2 tablespoon olive oil
1 teaspoon sea salt

Directions:
Preheat oven to 350 °, remove kale stem and cut into bite sized pieces. Wash kale and dry with a salad spinner. Toss in a bowl with olive oil and salt until well coated. Spread out on a baking sheet and cook for ten minutes or until edges start to brown.

**Kale with Olives**
1 bunch kale stems and ribs removes
2-4 tablespoons olive oil
1/3 cup pitted coarsely chopped Kalamata olives
1/2 teaspoon red pepper flakes
Salt 1 lemon quartered

Simmer kale leaves in a skillet of salted water until tender, about ten minutes.
Drain and press out excess moisture.
Toss immediately with oil, olives, salt and pepper flakes. Serve with lemon wedges.

*Deborah Madison’s Vegetarian Cooking for Everyone from Broadway Books*

**Braised Kale**
2 tablespoons olive oil
4 1/2 pound kale, stems removed, chopped into strips
10 cloves garlic, peeled and minced
2 teaspoons salt
Pepper to taste

Directions:
Heat oil in a wide pot over low heat. Add kale strips, cook for 5 minutes and increase heat, cook this way for 10 minutes, stirring occasionally and adding 1/4 cup of water or broth. Reduce heat to low and cook for another 5 minutes, then add the garlic and simmer for 25 minutes. Season with salt and pepper.

*Barbra Kafka’s Vegetable Love from Artisan*

**Kale and Shiitake mushroom stir-fry**
6 tablespoons olive oil
5 fresh shiitake mushrooms stemmed and caps sliced thin
2 medium cloves of garlic peeled and minced
2 pounds kale de-stemmed, washed, dried and cut into strips
Salt and pepper to taste

Directions:
In a large pan heat 2 tablespoons of oil over medium heat and add the mushrooms. Cook for 1-2 minutes and transfer to a side dish for reserve.
Add the remaining oil, once hot add the garlic and kale. Cook until wilted stirring constantly. Reduce heat and cook on low for another 2 minutes.
Add the reserved mushrooms and cook until they are heated through.
Season with salt and pepper serve hot.

*Perla Meyers Fresh from the Garden from Clarkson potter publishers*

**Tamari-Garlic Kale**
2 tablespoon olive oil
2 pounds kale, stems removed and cut into strips
2 tablespoons coarsely chopped garlic
1 tablespoon fresh ginger minced
2 tablespoons soy sauce or tamari
Pepper to taste

Directions:
Heat oil in a skillet and add the kale. Cook over medium heat until wilted. Add garlic and ginger and sauté on low for another 20 minutes. Increase heat to medium and stir in soy sauce or tamari and cook for another 5 minutes.

*Barbra Kafka’s Vegetable Love from Artisan*

**Nutrition**
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