



KALE UP!

WINTER COOKBOOK





BAKED KALE PASTA

Prep time: 20 minutes
Cook time: 50 minutes
Yield: 6-8 servings

INGREDIENTS

16 ounces Nature's Greens® Kale	2 cups cottage cheese
14.5 ounces chicken stock	4 eggs (or 1 cup egg beaters)
1 cup water	16 ounces Monterey Jack cheese, grated
3 cups rigatoni	1/2 cup Romano cheese, grated
8 ounces Neufchatel cream cheese, softened	1/2 cup whole wheat seasoned breadcrumbs

DIRECTIONS

Heat oven to 375 F. Cook kale in chicken stock and water for 25 minutes or until desired tenderness; drain well after cooking. Cook rigatoni according to package directions, omitting salt. Place kale and rigatoni in a large bowl. Add cream cheese, stirring until melted. Stir in cottage cheese and egg beaters. Mix in Monterey Jack cheese. Place into a 13 X 9 inch baking dish. Mix Romano cheese and bread crumbs together; sprinkle over kale mixture. Bake for 25 minutes or until heated through.

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Prep time: 3 minutes
Cook time: 16-19 minutes
Yield: 4 servings

COZY KALE CHILI

INGREDIENTS

1 tablespoon extra-virgin olive oil
4 ounces Versatile Veggies® Diced
Yellow Onion
2 teaspoons ground cumin
2 teaspoons chili powder
3 cups chicken stock

8 ounces Nature's Greens® Kale
16 ounces cooked white beans,
rinsed and drained
1/4 teaspoon black pepper
2 cups cooked turkey breast, chopped

DIRECTIONS

Heat olive oil over medium-high in a medium pot; add onion and sauté for 4 minutes or until tender. Stir in cumin and chili powder; sauté for 1 additional minute. Stir in chicken stock and kale. Cook for 12 - 15 minutes or until kale is tender. Stir in beans and pepper; bring to a boil and stir in turkey. Cook 1 minute or until thoroughly heated. Serve.

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CREAMY KALE BISQUE

Prep time: 5 minutes
Cook time: Approx. 23 minutes
Yield: 2 servings

INGREDIENTS

1/2 Canadian bacon, minced	1/4 teaspoon pepper
1/2 tablespoon olive oil	1 tablespoon garlic, chopped
1 Granny Smith apple, chopped	2 cups chicken stock
1 cup celery, finely chopped	4 cups Nature's Greens® Kale
1 cup yellow onion, chopped	1 1/2 teaspoons cider vinegar
1/2 teaspoon dry sage	1 tablespoon grainy mustard
1/4 teaspoon sea salt	1 cup fat-free half and half

DIRECTIONS

Heat olive oil in a skillet over medium and cook Canadian bacon until slightly crispy. Remove bacon from skillet and set aside. In the same skillet, cook the apple, celery, onion, sage, sea salt and pepper for 5 minutes. Add the garlic and cook for about 30 seconds. Pour in the chicken stock and kale. Mix the ingredients until the kale has been submerged in the broth. Bring to a boil and reduce heat; let simmer for 15 minutes or until kale is tender. Once kale has cooked to a tender texture, remove from heat and let set for 5 minutes. Pour kale mixture into a blender container and puree. Add vinegar, mustard and half and half; process until all ingredients are pulverized. Serve in bowls. Top with the minced Canadian bacon.

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KALEBRATION STIR FRY

Prep time: 16 minutes
Cook time: 25 minutes
(Includes time for cooking rice)
Yield: 4 servings

INGREDIENTS

3 tablespoons soy sauce
1 tablespoon sugar
2 tablespoons cornstarch
2 cups turkey, cooked and finely diced
3 tablespoons canola oil
1 cup chicken stock

6 cups Nature's Greens® Kale
1/2 cup Versatile Veggies® Diced Yellow Onion
1/2 cup Versatile Veggies® Sliced Pepper Medley
1/2 cup golden raisins
4 cups cooked whole grain rice

DIRECTIONS

Whisk soy sauce, sugar, and cornstarch together until smooth. Stir turkey into mixture and set aside for 15 minutes to marinate. Over high heat a large skillet and pour in canola oil, coating the bottom. Reduce heat to medium and pour in chicken stock. Add kale, onions, and pepper medley into chicken stock and cook until tender, approximately 8-10 minutes. Add coated turkey into kale mixture. Stir until heated thoroughly and sauce has thickened, approximately 3-5 minutes. Serve over cooked rice.

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CHEESY & CHEERFUL KALE BAKE

Prep time: 10 minutes
Cook time: 15 minutes
Yield: 6 servings

INGREDIENTS

3/4 cup croutons

4 tablespoons butter

16 ounces Nature's Greens® Kale

12 ounces Neufchatel cheese, softened

1/2 cup 2% milk

1/2 teaspoon sea salt

1/2 teaspoon pepper

DIRECTIONS

Heat oven to 400 F. Crumble croutons in food processor and set aside. Over medium heat in a large skillet, melt butter and add kale. Cook, stirring often until kale softens, approximately 8 minutes. Beat softened cream cheese with milk, salt and pepper until well blended. Stir cream cheese mixture with kale and add into a prepared 2-quart baking dish. Top with crouton crumbs. Bake for 15 minutes or until thoroughly heated.

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FESTIVE KALE & CRANBERRY SALAD

Prep time: 5 minutes
Yield: 6-8 servings

INGREDIENTS

1 cup fresh cranberries
2 teaspoons sugar
8 ounces Nature's Greens® Kale
3 navel oranges, peeled and sectioned

1/2 cup Versatile Veggies® Diced Red Onion
1/2 cup turkey bacon bits
1 cup walnuts, chopped
2 cups light raspberry walnut vinaigrette

DIRECTIONS

In a small bowl, sprinkle cranberries with sugar and set aside. Toss kale with Navel orange sections, diced red onion, cranberries, turkey bacon bits, and chopped walnuts. Top with cranberries. Serve with dressing on the side.

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Prep time: 5 minutes
Yield: 1 tortilla

KALE WITH BENEFITS WRAP

INGREDIENTS

- 1 cup Nature's Greens® Kale
- 2 teaspoons balsamic vinaigrette
- 1 tablespoon mayonnaise
- 1 (8 inch) tomato-basil tortilla
- 8 thin slices reduced-fat turkey breast
- 2 slices provolone cheese

DIRECTIONS

Toss kale and dressing together and set aside. Spread mayonnaise onto tortilla. Place turkey and cheese on top of mayonnaise. Add kale mixture on top of cheese; roll up tightly. Serve immediately.

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KALE & SWEET POTATO MEDLEY

Prep time: 10 minutes
Cook time: 50 minutes
Yield: 6-8 servings

INGREDIENTS

16 ounces Nature's Greens® Kale

14.5 ounces chicken broth

1 cup water

4 tablespoons extra virgin olive oil

24 ounces Versatile Veggies® Cubed
Sweet Potatoes

8 ounces Versatile Veggies® Diced Red Onion

1 tablespoon garlic, minced

1/4 cup soy sauce

1/2 teaspoon smoked paprika

1/4 teaspoon salt

DIRECTIONS

Pour chicken broth and water into a medium-size pot; bring to a boil over high heat. Lower heat to medium and add kale. Cook for 30 minutes and drain well after cooking. Meanwhile, sauté sweet potatoes over medium high heat in 2 tablespoons olive oil for 10 minutes or until almost fork tender. Remove from pan and set aside. Sauté onion and garlic in the remaining 2 tablespoons olive oil over medium low heat for 5 minutes or until the onion is transparent. Stir sweet potatoes and kale gently into the onion mixture. Pour soy sauce over kale mixture; sprinkle with smoked paprika and salt. Stir to combine. Cook for 5-8 minutes. Serve warm.

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