

# Ending hunger one garden at a time



KATIE'S  
KROPS

In 2008 at the age of 9, Katie Stagliano grew a 40 pound cabbage and donated it to a soup kitchen where it helped to feed 275 people. Moved by the experience she started Katie's Krops, a 501(c)3 not-for-profit organization, which currently funds 80 youth-run gardens in 29 states. Each gardener grows and harvests fresh vegetables to donate to the underserved in their community.

Katie's Krops dreams of 500 gardens across all 50 states by 2018. We proudly support her and want to spread her mission to help hunger. Learn more about how you can get involved at [Katie'sKrops.com](http://Katie'sKrops.com) and check out these recipes you can prepare to keep you and your loved ones happy and healthy.

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# Sticky Quick Marmalade



Total time: 25 minutes | Serves: 1 pint

## Ingredients:

- 1 orange
- 1 cup sugar

## Directions

Wash orange and remove stem end. Quarter oranges, with skin, then cut quarters in half and place in food processor. Process until fruit pieces are small. Add sugar and pulse to blend.

In small saucepan over medium-high, heat orange mixture. Bring to a boil stirring constantly. Turn heat to low and simmer for 8 minutes, stirring occasionally. Remove from stove and cool. Place in pint jar with lid and store in the refrigerator.



LoBue Citrus is a third-generation California grower. Founded in 1934, they now grow, pack and ship navel oranges, specialty citrus, lemons and juice.

# Kale Lovers' Morning Muffins

## Directions

Preheat oven to 375° F. In a large bowl, combine whole wheat flour, wheat bran, baking soda and salt. Set aside. In a medium bowl, beat together the buttermilk, eggs, oil, and molasses. Pour liquid ingredients into the dry ingredients and stir until moist for approximately 20 seconds. Toss raisins with flour. Stir in floured raisins, apples, and kale. Fill 12 muffin holders. Bake for 15 – 20 minutes or until a cake tester inserted in the middle comes out clean.



Total time: 30 minutes | Serves: 12 muffins

## Ingredients:

- |                                    |  |
|------------------------------------|--|
| 1 cup whole wheat flour            | 2 tbsp. Canola oil                           |
| 1 cup wheat bran                   | 1/3 cup molasses                             |
| 1 tsp. baking soda                 | 1/2 cup raisins                              |
| 1/2 tsp. salt                      | 1 tsp. flour                                 |
| 1 cup light buttermilk             | 1/2 cup sweet apple, chopped                 |
| 3 eggs (or 1/4 cup egg substitute) | 2 cups Nature's Greens® Kale, finely chopped |

## Hunger Facts

- More than 50 million Americans are food insecure and do not have consistent access to sufficient food to live an active healthy life.
- 16 million kids in America struggle with hunger.

# Opal® Apple Bacon Bites

## Directions

Heat oven to 400° F. In a small bowl mix goat cheese and milk together until creamy and smooth. Season with salt and pepper. Place cheese mixture in a plastic bag and snip the edge of the corner. Squeeze 1 teaspoon goat cheese mixture into each phyllo cup. Place 1 teaspoon caramelized onions on top of cheese mixture. Sprinkle with bacon. Bake for 7-10 minutes or until cups are golden brown. Remove from oven and place 1 teaspoon of diced Opal Apple on top. Sprinkle with basil and serve.

*Recipe courtesy of Garnish with Lemon blog*



Total time: 25 minutes | Serves: 12

## Ingredients:

24 phyllo cups

½ cup goat cheese

2 tbsp. milk

Salt and pepper to taste

½ cup caramelized onions

¼ cup bacon,

cooked and crumbled

½ Opal Apple, diced

2 tbsp. basil,

cut in ribbons



The growers of Opal Apple are committed to producing high quality fruit while balancing purpose, people and planet. They donate a portion of profits to causes helping the underserved.

Katie's Krops has been a longtime partner with Opal Apple and is a Youth Make a Difference grantee.



Total time: 15 minutes | Serves: 10-12

## Ingredients:

3 cups cantaloupe, cut in cubes

1 cup Versatile Veggies®

Diced Green Onions

3 kiwifruit, chopped

2 medium oranges, peeled and sectioned

5 oz. Versatile Veggies®

Sliced Pepper Medley, chopped

4 oz. sliced Jalapeños, finely chopped

2 (8 oz. each) cans pineapple tidbits, drained

2 cups Nature's Greens® Kale, finely chopped

2 cups strawberries, finely chopped

# Fruit and Veggie Salsa

## Directions

Mix all ingredients except strawberries together. Cover and refrigerate mixture for 2 hours. When ready to serve, drain well. Stir in chopped strawberries and serve.

## Apply for a Katie's Krops Grant

Each year, Katie's Krops offers grants to youth between 9 and 16-years-old to start a vegetable garden in their communities that donates its entire harvest to those in need. Visit [Katie'sKrops.com](http://Katie'sKrops.com) for more information about grants.

# Arugula Salad with Oranges and Beets



Total time: 20 minutes | Serves: 4

## Ingredients:

¼ cup orange juice	2 oranges, peeled
⅓ cup extra virgin olive oil	4 small beet, roasted and peeled
⅓ cup white wine vinegar	1 tbsp. toasted sesame seeds
1 tsp. honey	8 oz. crumbled goat cheese, optional
¼ tsp. orange zest	
5 oz. arugula leaves	

## Directions

To make the dressing, use a small jar with lid. Add orange juice, olive oil, white wine vinegar, honey and orange zest replace lid and shake vigorously. Season with salt and pepper. Set aside.

Divide arugula leaves on four salad plates. To prepare oranges, turn on side and cut into ⅛" thick round slices. Separate each round into segments. Divide oranges onto each plate. Cut beets into cubes about the same size as the orange segments and divide among the salad plates.

Shake the dressing again and add about a tablespoon to each salad. Leftover dressing can be stored in the refrigerator for about a week. Sprinkle each salad with sesame seeds and crumbled goat cheese if desired. Serve immediately.



Kale is a great source of vitamin K which helps build strong bones and promote overall health for you and your family.

# Opal Apple, Kale, and Pomegranate Salad with Citrus Vinaigrette



Total time: 30 minutes | Serves: 4-6

## Ingredients:

2 bunches fresh broad-leaf kale (like white and red Russian; consider mixing green and purple varieties for color)  
1 pomegranate  
2 Opal apples  
½ cup walnuts

## For the dressing:

Zest of one orange  
2 tbsp. fresh orange juice  
2 tbsp. white wine vinegar  
1 tbsp. honey  
¼ cup olive oil

## Directions

Wash and dry the kale, then tear or chop it into bite-sized leaves. Remove the seeds from the pomegranate.

If desired, toast the walnuts for a few minutes in a dry skillet over medium heat. Stir frequently and remove from the heat immediately when browned and fragrant.

To make the dressing, zest an orange with a grater. In a small bowl, add orange zest, 2 tablespoons fresh orange juice, 2 tablespoons white wine vinegar, 1 tablespoon honey, and ¼ cup olive oil. Whisk vigorously to combine.

Cut the apples into thin slices and toss them with a bit of the salad dressing to keep from browning.

To serve, place a bed of kale on each serving plate. Top with apples, pomegranate seeds, walnuts, and a few spoonfuls of the dressing.

*Recipe courtesy of A Couple Cooks blog*

## Parmesan Potatoes



Total time: 45 minutes | Serves: 6

### Ingredients:

- 32 oz. "3 bite" Tasteful Selections™ potatoes, quartered
- ¼ cup olive oil
- 1½ tsp. Italian seasoning
- 2 cloves garlic, minced
- ⅓ cup grated Parmesan cheese

### Directions

Preheat oven to 400° F. Toss potatoes with oil, seasoning and garlic. Add cheese and mix lightly.

Spread potatoes in a 9x13-inch baking pan and bake approximately 35 minutes, or until tender.



Potatoes are an excellent source of potassium, vitamin C, fiber, vitamin B6 and iron. With Tasteful Selections' potatoes you get all of that plus the convenience of pre-washed, evenly-sized, fast-cooking, fantastic flavored potatoes that pack a health punch you can't deny!

## Potato Salad with Apples



Total time: 32 minutes | Serves: 4-6

### Ingredients:

- |  |                                |
|--|--------------------------------|
| 24 oz. Tasteful Selections™ potatoes (Recipe favorite: Sunrise Medley) | 1 cup light mayonnaise         |
| 1 tsp. salt  | ⅛ cup cider vinegar            |
| ½ medium white onion, diced  | ½ tsp. celery seed             |
| 3 stalks celery, diced   | ¼ tsp. cayenne pepper          |
|  | 1 medium apple, diced          |
|  | 2 tbsp. fresh parsley, chopped |
|  | Salt and pepper, to taste      |

### Directions

In medium saucepan, bring potatoes and salt to boil. Simmer 14-17 minutes, or until fork tender. Remove from heat, drain and set aside. While potatoes are boiling, chop the onion, celery, apple and parsley.

In a small bowl, add mayonnaise, vinegar, celery seed and cayenne pepper; stir until smooth like dressing. Add onion, celery, apple and parsley to mayonnaise mixture, tossing to coat. Season with salt and pepper, to taste.

When potatoes are cool, fold into mayonnaise mixture. Refrigerate for several hours or until ready to serve.

Can be made a day in advance before serving.

# Greens, Sausage, and Potato Soup



Total time: 80 minutes | Serves: 8

## Ingredients:

1 pound Nature's Greens™ Trio	14 oz. smoked turkey sausage, thinly sliced
1 tbsp. olive oil	½ tsp. fresh ground pepper
8 oz. Versatile Veggies® Diced Yellow Onions	2 tbsp. smoked paprika
2 tsp. garlic, minced	2 tsp. salt
6 cups chicken broth	1 cup fat-free half and half
4 large potatoes, cut into ½-inch cubes	

## Directions

In a Dutch oven over medium-high, heat oil and sauté onion and garlic for 5 minutes. Add broth and potatoes and bring to a full rolling boil. Cover; reduce heat to simmer and cook for 20 – 30 minutes. Add sausage, pepper, smoked paprika, and salt. Simmer for 15 minutes. Increase heat to boiling and add greens. Boil for 5 minutes; reduce heat to medium and cook for 25 minutes. Stir in half and half and serve.

## Ways to get involved

**Spread the word.** If you're like most of us, you already spend plenty of time on social media. Take a second and share with your friends why the fight against hunger is important and how they can join in and help the cause.

# Opal Apple Sausage Kale and White Bean Soup



Total time: 60 minutes | Serves: 4

## Ingredients:

1 pound Italian sausage, casings removed	1 tsp. Italian seasoning blend
1 tbsp. olive oil	1 bay leaf
1 onion, diced	1 (2-inch) piece Parmesan rind (optional)
2 cloves garlic, chopped	1 bunch kale or spinach or Swiss chard, coarsely chopped
1 pinch red pepper flakes	Salt and pepper, to taste
4 cups chicken broth	Lemon juice, to taste
2 large opal apples, peeled cored and diced	
1 (15 oz.) can cannellini beans, drained and rinsed	

## Directions

Cook the sausage in a large sauce pan over medium heat and set aside, about 8 minutes, draining any grease from the pan.

Add the oil and onion and cook until tender, about 5-7 minutes.

Add the garlic and red pepper flakes and cook until fragrant, about a minute.

Add the broth, sausage, apples, beans, oregano, bay leaf and Parmesan rind, bring to a boil, reduce the heat and simmer until the apples are just tender, about 10-15 minutes.

Add the kale and simmer until it wilts, about 1-2 minutes.

Season with salt, pepper and lemon juice, remove from heat, remove bay leaf and Parmesan rind and serve while hot.

*Option: Puree some of the apples and beans for a creamy broth.*



Opal apples have a beautiful appearance, distinctively crunchy texture, floral aroma and a sweet, tangy flavor. But the best thing about Opal is it naturally does not brown after cutting making it perfect for lunch boxes, salads and more!

# Colcannon Chowder



Total time: 45 minutes | Serves: 4-5

## Ingredients:

24 oz. Tasteful Selections™ potatoes	3 cups coarsely chopped green cabbage
1 can (14 oz.) nonfat, reduced sodium chicken broth	¾ cup finely chopped onion
1 cup water	8 oz. smoked chicken or turkey sausage, sliced ¼-inch thick
Salt	1 medium carrot, shredded
2 tbsp. Canola oil	½ cup 1% milk (about)
	Salt and pepper, to taste

## Directions

In 3-quart saucepan, cover potatoes with broth and water; add 1 teaspoon salt. Bring to a boil over high heat; reduce heat, cover and cook until potatoes are tender, 12-15 minutes. Set aside.

Meanwhile, heat oil in 10-inch nonstick skillet over medium-high heat; add cabbage and onion. Sauté 10 minutes, tossing occasionally. Add sausage; continue to sauté, about 10 minutes, tossing occasionally, until vegetables and sausage begin to brown. Add carrot; set aside. With slotted spoon, remove about ¾ cup potato pieces and add to skillet.

In electric blender, blend remaining potatoes and liquid until smooth, being careful to hold blender lid down with kitchen towel; return to saucepan. Add contents of skillet; mix in enough milk for consistency desired. Heat to simmering. Season with salt and pepper, to taste.

## Give Your Time

Go on your own or get together a group of friends to help at a local food bank or soup kitchen. Most food banks have opportunities for any level of volunteer from organizing donations to serving meals and distributing food. Find a local food bank at [FeedingAmerica.org](http://FeedingAmerica.org).

# Orange Ginger Chicken

## Directions:

In large sauté pan over medium, heat the oil. Add chicken pieces and sauté for 5-8 minutes until cooked. Remove meat from pan; leaving the juice in the pan. Add orange juice, fresh ginger and powdered ginger, stirring to combine.

In a small jar with lid, add water and corn starch. Shake vigorously. Bring juice mixture to a boil over medium-high heat and slowly add corn starch mixture, stirring constantly. Add chicken pieces back to pan and stir to coat.

Place chicken in serving bowl and add orange chunks around the edge. Garnish with the green onion and cilantro. You may serve over jasmine rice.



Total time: 35 minutes | Serves: 4

## Ingredients:

1 tbsp. olive oil	¼ cup water
4 chicken thighs, cut into bite size pieces	1 tbsp. corn starch
¾ cup orange juice	2 oranges, peeled and cut into chunks
3 tbsp. fresh ginger, grated	4 green onions, sliced
1 tsp. powdered ginger	2 tbsp. cilantro, chopped



- Navel oranges got their name because of the belly-button formation at the end of the fruit. The bigger the navel, the sweeter the orange will be.
- Oranges are high in Vitamin C, which can fight the common cold and prevent cancer, cardiovascular disease and aging.

# Curry-Cinnamon Opal® Apple Chicken



Total time: 45 minutes | Serves: 4

## Ingredients:

4 boneless, skinless chicken breasts, cut in half length-wise  
Salt and pepper  
2 tbsp. butter, divided  
1½ cups chicken broth (low sodium or homemade)  
¾ cup apple juice, divided  
½ tsp. curry powder (mild)  
⅛ – ¼ tsp. cinnamon (to taste)

½ tsp. brown sugar  
¼ tsp. salt  
Approximately 5 fresh sage leaves, minced, divided  
1½ tbsp. cornstarch  
1½ to 2 Opal apples, cored and thinly sliced  
1 medium onion (about 1½ cups), chopped

## Directions:

### Sear the Chicken Breasts:

Remove any excess fat from chicken. Salt and pepper all sides of halved breasts. Heat 1 tablespoon butter in a skillet over medium-high heat. Once hot, add chicken breasts and brown on all sides, cooking about 2-3 minutes per side.

### Cook the Chicken Breasts:

Pour the chicken broth and ½ cup apple juice into the pan, and then mix in the curry powder, cinnamon, brown sugar, salt, and 1 minced sage leaf. Reduce heat to medium, cover the pan, and bring to a simmer. Lower heat and continue to simmer (covered) for about 20 minutes or until chicken is no longer pink on the inside.

(About 10 minutes before chicken is done, start onions and apples - directions below).

Once chicken is cooked through, remove to a plate, cover, and keep warm. Taste pan juices and add more salt and pepper to taste.

In a small bowl, whisk together the remaining ¼ cup of apple juice with the cornstarch. Once combined, add the mixture to the pan. Increase heat to high, and boil, uncovered, stirring frequently, about 5 minutes, or until sauce has thickened. When sauce has thickened, add the chicken (and any juices on the plate) back to the large skillet; cook covered over low heat for another minute to heat through.

### Sauté Apples & Onion:

About 10 minutes before chicken is done cooking, heat the other 1 tablespoon butter in a medium skillet over medium heat. Once melted, add apple and onion, and sauté until apples are soft but not falling apart.

Serve chicken breasts, topped with the apple/onion sauté and pan sauce. Garnish with additional minced sage leaves. We like to eat this with mashed potatoes and rice and a green veggie side!

# Honey Lemon Chicken with Potatoes



Total time: 4-6 hours | Serves: 6

## Ingredients:

24-28 oz. Tasteful Selections™ potatoes (Recipe favorite: Ruby Sensation)  
8 bone-in, skin-on chicken thighs  
2 tbsp. light olive oil  
¼ cup honey\*

¼ cup chicken stock  
2 tsp. minced garlic, divided  
2 tsp. dried thyme, divided  
¼ cup chopped Italian parsley (optional)  
1 lemon, thinly sliced  
Salt and pepper, to taste

## Directions:

In a sauté pan on medium-high heat, add olive oil and 1 teaspoon of the garlic. Stir until garlic is softened, about 1-2 minutes. Salt and pepper both sides of the chicken thighs. Add to sauté pan and brown each side, about 3-5 minutes.

In bottom of slow cooker, add potatoes and sprinkle with 1 teaspoon of thyme leaves. Place the chicken thighs on top of the potatoes and sprinkle with 1 teaspoon of thyme. Drizzle the thighs with honey and top with lemon slices. Combine the chicken stock and 1 teaspoon of garlic. Pour over the lemon slices. Cover and cook on LOW for 6 hours or on HIGH for 4 hours. Garnish with Italian parsley, if desired.

\*Helpful hint: Spraying measuring cup with cooking spray before adding honey will help the honey come right out of the measuring cup.



Owned by second-generation family farmers, Tasteful Selections bite-sized potatoes are grown with love and care. These small potatoes are pre-washed and evenly sized for uniform cook times with fantastic flavors.



# Kale Cookies



Total time: 20-22 minutes  
Serves: Approximately 3½ Dozen Cookies

- Ingredients:**
- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 2 cups Nature's Greens® Kale, chopped | ½ cup egg substitute             |
| 2 tsp. olive oil                      | 2 tsp. vanilla extract           |
| 2 tsp. honey                          | ¾ cups all-purpose flour         |
| 1 cup butter substitute, softened     | 2 tsp. ground cinnamon           |
| 1½ cups packed light brown sugar      | 1 tsp. baking soda               |
|                                       | ½ tsp. salt                      |
|                                       | 2 cups old-fashioned rolled oats |
|                                       | 2 cups finely grated carrots     |

## Directions

Preheat oven to 350° F. In a medium-sized bowl, pour olive oil over chopped kale. With your hands, massage olive oil into kale. Stir in honey and set aside. In a separate bowl, beat butter substitute and brown sugar. Add egg substitute and vanilla extract, beating until well combined. In a small bowl, stir together flour, cinnamon, baking soda, and salt. Gradually add flour mixture to butter mixture beating until well combined. Stir in oats, carrots, and honeyed kale. Cover and refrigerate for 2 hours. When ready to bake, line 2 baking sheets with parchment paper. Drop dough by rounded tablespoons 2 inches apart, onto prepared baking sheets. Bake for 12 to 14 minutes, or until lightly browned. Let cool for 2 minutes. Sprinkle with confectioner's sugar if desired.



Dating back to 1925, WP RAwl, is a third generation business specializing in leafy greens and vegetables. WP RAwl is the proud sponsor of the annual Katie's Krops Camp where grantees learn about gardening techniques and giving back to their communities.

# Citrus Tart



Total time: 2 hours | Serves: 4

- Ingredients:**
- |   |   |
|---|---|
| <i>For tart shell*:</i>                             | <i>For filling:</i>                     |
| 1 large egg, separated                              | 4 large eggs                            |
| 2 tbsp. milk  | 1 cup sugar                             |
| 1¼ cups plus 2 tablespoons all purpose flour        | 2 tsp. fresh orange zest, finely grated |
| 1 tbsp. sugar                                       | 1½ tsp. fresh lemon zest, finely grated |
| ⅛ tsp. salt   | ½ cup fresh orange juice                |
| 1 stick (½ cup) unsalted butter, cut into ¼" slices | ½ cup fresh orange juice                |
|   | ¼ cup heavy cream                       |
|   | Fresh orange slices for garnish         |
|   | 4 ounces whipped cream for garnish      |
- \*May use prepared pie dough or pre-made tart shell*

## Directions

### Tart shell:

Will need 10 ½" tart pan with removable bottom; pie weights or dried beans.

To make the tart shell begin with lightly beating the egg yolk with the milk (reserve the egg white for egg wash). Using food processor, add flour, sugar and salt and pulse to combine. Add butter and pulse until the mixture appears like small peas. Add yolk mixture and pulse just until dough begins to form into a ball. Remove dough and press into a disk shape. Cover in plastic wrap and chill for 1 hour.

Preheat oven to 350° F. Start filling (below).

Remove dough from refrigerator once chilled, roll out dough between sheets of plastic wrap into 12" round. Remove top plastic wrap. Invert dough into 10½" tart pan and form up sides to line tart pan. If using prepared pie dough, place in tart pan and form up sides to line tart pan. Prick the entire bottom with a fork. Freeze shell until firm, about 10 minutes.

Line shell with parchment paper or foil and fill with pie weights or dried beans. Bake until edge is golden and bottom is set, about 20 minutes. Carefully remove pie weights or beans. Continue baking for 10-12 minutes. Premade dough will shrink some in baking. Remove from oven and brush with some of the egg white. Set aside.

### Filling:

In medium bowl, whisk eggs together. Add sugar, orange zest, lemon zest, orange juice, lemon juice and cream. Whisk together and pour into baked tart shell. If using premade pie dough there will be filling left over due to the shrinking in the tart pan. Place tart pan on baking sheet. Bake for 23-28 minutes. Tart may not be completely firm in the center, it will continue to bake once removed from the oven. Cool completely. When ready to serve, garnish with fresh orange slices and whipped cream.



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Katie's Krops dreams of 500 gardens across all 50 states by 2018. We proudly support her and want to spread her mission to help hunger. Learn more about how you can get involved at [KatiesKrops.com](http://KatiesKrops.com).



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