

Kale Recipes

Kale Smoothie

- ½ cup almond milk, soy milk or low fat milk
- ¼ cup orange juice
- 1 cup raw washed kale torn into small pieces
- 1 banana, fresh or frozen
- ¼ cup other frozen fruit (mango, strawberries, blueberries, peaches, kiwi etc)

Place all ingredients in blender in order listed and blend until smooth and creamy, about 1-2 minutes.

Kale with Sweet Corn *(Adapted from The New American Plate Cookbook, The American Institute for Cancer Research)*

- 1 large ear fresh corn, husked, or ¾ cup defrosted frozen corn or canned drained corn
- ¾ lb. curly green kale, tough stems removed, and cut crosswise into strips
- 2 tsp. extra virgin olive oil
- ½ cup finely-chopped Vidalia or other sweet onion
- 2 scallions, green and white parts, finely chopped
- ¼ cup fat-free, reduced-sodium vegetable broth
- Salt and freshly-ground black pepper

If using fresh corn, place it in boiling water and boil until the kernels are tender-crisp, about 4 minutes. When cool enough to handle, stand the ear with its broad end down on a cutting board. Using a sharp knife, slice down the ear to cut off kernels. Rotate the ear and repeat until all the kernels are cut off. Gather up the cut kernels and set aside, or refrigerate in a closed container for up to 24 hours.

In a large pot, bring 1 inch of water to a boil. Add the kale, cover tightly and reduce the heat to medium. Steam until the kale is tender, about 5-10 minutes. Drain it in a colander. Set the kale aside, or refrigerate in a closed container for up to 24 hours.

Heat the oil in a medium skillet over medium-high heat. Saute the onion and scallions until the onion is soft, about 3 minutes. Add the kale, corn and broth. Reduce the heat to low, and cook until the corn and kale are heated through, stirring often (about 3 minutes). Season to taste with salt and pepper and serve.

Makes 4 servings

Per serving: 104 calories, 3 g. total fat (less than 1 g. saturated fat), 18 g. carbohydrate, 14 g. protein, 3 g. dietary fiber, 80 mg. sodium.

Braised Kale

1 tablespoon extra virgin olive oil
1 small thinly sliced red onion
1/4 teaspoon red pepper flakes (optional)
1 tablespoon minced garlic
4 cups (firmly packed) kale de-stemmed and torn into pieces
1 cup low sodium chicken Stock
Salt and pepper to taste
Fresh lemon zest or splash apple cider vinegar (optional)

Heat the oil in a large skillet over high heat. Add the onions, salt, pepper, and red pepper flakes and stir-fry for 2-3 minutes until onions are golden. Add the garlic, kale, and stock and cook, stirring occasionally, for 8 to 10 minutes; add salt and pepper to taste; add lemon zest or a splash of cider vinegar in the last minute of cooking. Remove from the heat. Serve immediately.

Kale salad with Tangy Lemon Dressing

1 bunch raw kale, de-stemmed and torn into pieces
1 pint strawberries or blueberries
1 pear cut into thin slices
½ small red onion thinly sliced (more or less per personal preference)
½ cup cooked shelled edamame (fresh/frozen green soybeans)
½ cup raw unsalted cashews chopped

Dressing:

Juice of 2 lemons (~1/4 cup)
1/4 cup extra virgin olive oil or canola oil
Splash of apple cider vinegar
Salt and pepper to taste

Whisk salad dressing ingredients and toss with kale. Add onions, fruit, edamame and cashews and toss.

Pasta with Three Greens (Adapted from *Diabetic Cooking* magazine)

1 pound whole-wheat penne	20 cups (loosely packed) collard greens, kale, & Swiss chard, stems removed, divided
1 Tbsp olive oil	
3 cloves garlic, finely chopped	½ cup water
¼ tsp red pepper flakes	½ cup grated Parmesan or Romano cheese
	¼ cup pan-toasted pine nuts (optional)*

Cook penne according to package directions in large saucepan or Dutch oven, omitting salt and fat.

Meanwhile, heat oil in 12-inch nonstick skillet over medium heat until hot. Add garlic and red pepper flakes; cook 2 minutes or until garlic is golden, stirring constantly. Stir in half the greens and water. Increase heat to

medium-high; cook 2 minutes or until greens wilt. Stir in remaining greens. Cover. Reduce heat to medium. Cook 7 minutes or until greens are tender, stirring occasionally.

Drain penne, reserving $\frac{1}{4}$ cup cooking water. Return penne to saucepan or Dutch oven. Add cheese, greens and reserved cooking water; toss until well mixed. Sprinkle with pine nuts, if desired

*Tip: To toast pine nuts, heat small nonstick skillet over medium heat. Add pine nuts. Cook until lightly browned, stirring constantly. Remove immediately to plate to cool.

Per 1 $\frac{1}{4}$ cup serving: 317 calories, 17g protein, 6g fat, 57g carbohydrate, 7g fiber



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