



7 Ways to Use Hardy Greens

1. Chop 1 bunch of kale. Toss with juice from 1 lemon, garlic, a dash of soy sauce, and olive oil for a salad.
2. Heat oil in a large nonstick skillet. Sauté chopped kale, halved cherry tomatoes and garlic.
3. Heat oil in a large nonstick skillet. Sauté chopped mushrooms and garlic. Toss with pasta spirals.
4. Place chopped kale in a small saucepan with 4 cups of broth. Simmer 10 minutes and ladle into bowls over noodles. Top with a hard-boiled egg and your favorite Asian sauce.
5. Heat oil in a large nonstick skillet. Add 1 cup salsa, chopped kale and water. Cook until tender. Fill a flour tortilla with the kale, black beans, corn, and cheese.
6. Thinly slice and toss with peanut oil, minced garlic, vinegar, sugar, and red pepper flakes. Fill flour tortilla with chopped chicken and dip with favorite Asian sauce.
7. Toast in the oven on an oiled baking sheet at 400 degrees for 15 minutes or until dried out and brittle. Crumble into soups or sandwiches, or eat as is.

Varieties of Hardy Greens

Hardy greens include kale, collard greens, and swiss chard.

How to Chop Kale

Cut or rip the leaves from the stem. Roll one leaf into a cigar shape and thinly slice. Thinly sliced kale is quick cooking or great in salads.



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