

## Table for One #2 Kale

### #1. Portuguese Kale Soup

1 ½ cups chopped kale, fresh or frozen

16 oz. Chicken broth

1 can white beans, navy or cannelloni

1 medium potato, diced skin on or off is your choice

Olive oil

½ diced onion

Salt and pepper to taste

Diced ham or cooked andouille or chorizo sausage

Lemon zest \*optional

Sauté onions in about 2 tablespoons of olive oil in a medium sauce pan until cooked through then combine all ingredients and bring to a boil. Reduce heat to a simmer for 20 minutes. Garnish with lemon zest. Serve with crust bread and a light side salad for a delicious dinner.

### #2. Kale chips

Wash and dry several leaves of kale tearing into big chip size pieces. Pat very dry then toss with olive oil, salt and pepper. Lay evenly on a baking sheet and bake for 20 minutes at 375. Crunchy and delicious!

### #3. Kale Salad, hot or cold!

Tear about 3 cups of kale into bite size pieces then toss with olive oil and juice of ½ an orange or ¼ cup of orange juice. Divide in half.

Sauté ½ in a skillet with bacon or diced ham (optional) until kale is wilted and browning on the edges. 5-7 minutes on med-high heat. Serve as a side dish with chicken or pork.

Cold kale massage for a few minutes with your hands, you will feel the kale soften but it will still have a firm and crunchy texture. Toss with orange slices, sesame seeds or sunflower seeds for a refreshing cold salad. Great with broiled or grilled salmon or shrimp!

Enjoy!