Kale Chips

Ingredients

- 1 Medium-sized bunch of kale, washed and dried
- Cooking spray
- 1/4 tsp Garlic powder
- Salt and pepper, to taste

Equipment Needed

- Mixing Bowl
- Baking sheet
- Oven
- Measuring spoons

Directions

- Preheat your oven to 300 degrees Fahrenheit.
- Wash and dry one bunch of kale, making sure the leaves are completely dry.
- Cut kale leaves off of the stems the and chop into bite-sized pieces.
- Place kale pieces in a large bowl and add cooking spray, garlic powder, salt, and pepper.
- Massage the leaves evenly to coat.
- Arrange the pieces of kale on a greased baking sheet.
- Bake for 15-20 minutes. If not using a convection oven you may need to flip kale pieces over halfway through cooking.
- Remove the pan from the oven and leave the chips on the pan for 5 minutes to crisp up.

Nutrition Information Available Upon Request
www.nourishprogram.org

Helpful Tips

- You can either use a knife to remove the leaves or tear them off with your hands
- Change up the flavors by adding chili powder, tumeric, or parmesan cheese!
Pumpkin Pie Spiced Kale Smoothie

Ingredients

- 1 cup baby kale
- 1 overripe frozen banana, cut into chunks
- 1 cup almond milk
- 1/4 cup pumpkin puree
- 1 TBSP peanut butter
- 1 1/2 tsp maple syrup
- 1/4 tsp pumpkin pie spice

Equipment Needed

- Blender
- Measuring cups and spoons

Directions

- Combine everything together in a blender and blend until smooth.
- Garnish with extra pumpkin pie spice and/or banana slices.
- Serve immediately.

Nutrition Information Available Upon Request

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Kale Pesto on Whole Grain Pasta

Ingredients
- 4 cups kale, packed (without stalks)
- 1/2 cup grated parmesan
- 1/2 cup raw cashews
- 2 cloves garlic, peeled
- 2 Tbsp lemon juice
- 1/2 cup olive oil
- 1 package whole grain pasta, cooked

Equipment Needed
- Food processor
- Measuring spoon
- Measuring cups

Helpful Tips
- Don't have cashews? Walnuts or pine nuts also work well.
- Pulsing the kale on its own first will make it easier to blend with the rest of the ingredients.

Directions
- Wash the kale well.
- Tear it up and place it in the food processor.
- Add the rest of the ingredients to the food processor and process until fully combined.
- Drizzle with more olive oil if desired.
- Toss with whole-grain pasta and serve immediately.