

KALE, FULLY



THE COOKFUL

Edited by Amy Bowen and Christine Pittman

Kale, Fully

Over here at The Cookful we love us some leafy greens. One of our favorites is kale. It has such great flavor, a robust texture and is so very healthy. It's also really versatile, which is why we wanted to take some time to show off what you can do with it.

These days kale is sold in big leafy bunches and also pre-chopped in large bags. That big bag of chopped kale can look daunting but we don't want you to feel daunted anymore. We've got tons of recipes that will help you use up that bag, a handful or two at a time, in everything from breakfast, lunch, to dinner. Along with the recipes we have some how-to's and tips. You're going to find out how to make kale chips in the oven and in the microwave and how to massage kale for salads, and so much more.

So grab your cutting board, your knife and your favorite kale and let's get going!

Christine



THE COOKFUL

Table of Contents

How to Make Kale Chips	4
How to Prepare Kale for Salads.....	7
Kale Artichoke Dip	9
Kale Taco Salad	11
10 Best Everyday Uses for Chopped Kale	13
Kale & Bacon Breakfast Stuffed Peppers	16
Kale & Ricotta Stuffed Eggplant Rollatini	18
Cauliflower & Kale Pesto Pasta	20
Slow Cooker Turkey and Kale Chili	22
Irish Mashed Potatoes with Kale (Colcannon)	24
Beet and Kale Salad	26
Balsamic Vinegar Berry Smoothie with Kale	28
101 Kale Recipes	30
Contributors	33
About The Cookful	34

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How to Make Kale Chips

By Maria Siriano

Learn how to make homemade kale chips in the oven and in the microwave and find out which option is best.

Kale chips have secured a place in the hearts of anyone who's a fan of salty, crunchy, and healthy snacks. They're insanely easy to make in the oven, as you'll see below, but we wondered if there was an even easier (and faster) way to turn fresh kale into a snack. We put the microwave to the test to see how it would meet our needs when a kale craving strikes.

For both methods, start by washing and thoroughly drying one bunch of kale. (We used curly kale, but Lacinato works, too.) Cut out the thick stems, and slice (or tear) the leaves into roughly 1 1/2-inch pieces and place into a large bowl. Drizzle in 4 teaspoons of olive oil and toss the kale pieces to coat them evenly.

Kale Chips

Continued from previous page

HOW TO MAKE OVEN-BAKED KALE CHIPS

Set your oven racks in the upper and lower thirds of the oven and preheat the oven to 300°F. Divide the kale between two ungreased baking sheets, spreading the pieces out into a single layer on each sheet. Sprinkle kosher salt over the kale. Bake for 15 minutes, then rotate the pans from top to bottom and front to back. Bake for another 10-15 minutes, until the chips are crispy. Allow to cool for 1-2 minutes.



HOW TO MAKE KALE CHIPS IN THE MICROWAVE

Spread kale pieces in a single even layer on a microwave-safe dish. Sprinkle with kosher salt. Microwave for 3 minutes, then check the texture. If they are too limp, continue to microwave in 30-second intervals until they are crispy. Let cool for 1-2 minutes. Repeat with the remaining kale.



WHICH IS BETTER, OVEN-BAKED OR MICROWAVED KALE CHIPS?

Both kale chips tasted pretty much identical, and we didn't have problems with the texture of either (both were super crispy!). Neither the microwave nor the oven gave us burnt kale chips, either.

So it really comes down to two factors: time and quantity. In the oven, we were able to bake an entire bunch of kale in 25 minutes (although we did have to allow about 10 minutes for the oven to preheat). The microwave made such small batches (about 10-15 chips per plate) that it would take us at least 30 minutes to cook a full bunch of kale. And it's a lot more work to have to be standing around the microwave to add the kale in shifts! So the microwave only saves time if you want a very small amount of kale chips. That might be perfect for a late night craving, but if you need a whole bowl of kale chips? Go for the oven.

Kale Chips

Continued from previous page

Yield: 4 servings

Prep Time: 20 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Ingredients:

1 bunch of kale

4 tsp. olive oil

kosher salt

1. Preheat oven to 300°F. Wash and dry kale. Cut out the thick stems, and slice (or tear) the leaves into roughly 1 1/2-inch pieces and place into a large bowl. Drizzle in olive oil and toss the kale pieces to coat them evenly.
2. Divide the kale between two ungreased baking sheets, spreading the pieces out into a single layer on each sheet. Sprinkle kosher salt over the kale. Bake for 15 minutes, then rotate the pans from top to bottom and front to back. Bake for another 10-15 minutes, until the chips are crispy. Allow to cool for 1-2 minutes.



How to Prepare Kale for Salads

By Amy Bowen

Kale can be a bit tough to eat raw in salads. But if you know how to pamper it and prepare it, it becomes the perfect salad green. Learn how here.

A kale salad for lunch sounds so good, doesn't it? Stop right there, you salad-loving fiend. Not so fast. Your mouth will hate you if you pop in a raw piece of kale.

Kale needs to be babied, coddled even. You have to take time to prepare the kale. And only then will it repay you with a delicious salad. Here are some tips.

CUT IT UP

Kale has a ton of fiber. That's one of its great health benefits. But it can also make you look like a cow gnawing on a big piece of kale. You have to tear or cut it thin little pieces.

How to Prepare Kale for Salads

Continued from previous page

REMOVE THE STEM

Remove the kale's stem. Only use the leaves. Trust us. The stems are almost impossible to eat. You shouldn't worry about hurting your jaw when eating salad.

MASSAGE IT

This sounds incredibly silly but it makes a huge difference because it breaks down some of the plant's fibrous cells.

Massage your kale with a little lemon juice and salt until it starts to soften, usually about 3 minutes. You can instead use a bit of your dressing. After you add just enough dressing, massage the leaves. Rub them between your fingers. You won't hurt the kale, so go ahead press away. After you've given an impressive massage, let that bad boy sit for a minimum of 5 minutes. It'll soften the kale even more.

CHOOSE YOUR DRESSING WISELY

I like vinaigrettes because they're more acidic than other dressings. The dressing's vinegar helps break down the leaves even more. I'll do anything to make kale leaves more tender. [Here's our how-to guide for making your own vinaigrettes at home.](#)

CURLY KALE IS FORGIVING

Good old kale is always a hit, but if you want a more forgiving variety, pick up some curly kale. It's not as tough and still packs a flavorful punch. Note also, if you get your hands on baby kale, there is no need to massage it. It's good to go right from the start.



Kale Artichoke Dip

By Christine Pittman

Need an idea for a holiday potluck? Make our Kale Artichoke Dip. It's a twist on the classic spinach dip but made with kale.

It's tough to beat a hot and cheesy spinach and artichoke dip. Such a total crowd-pleaser. But, we think we've done it here. This version uses tasty extra-healthy kale instead of spinach. We used the bagged [SuperFit chopped kale](#) to make this quick and easy.

It also, of course, has the artichokes. We prefer the ones that are canned and packed in water over marinated artichoke hearts because we don't really want an acidic or briny flavor here. But if you have a brand of marinated artichokes that you love, go with it.

The dip also has Greek yogurt in there for creaminess, along with cream cheese, mozzarella and Parmesan for all that very important cheese.

Kale Artichoke Dip

Continued from previous page

The best thing about this dip (other than the taste!) is that it's super-quick to make with only about 10 minutes of hands-on time. Then it goes into the oven and is ready when it's bubbling, about 20 minutes. Enjoy!

Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

2 Tbsp. olive oil
3 cloves garlic, minced
10 oz. finely chopped kale
leaves (we used SuperFit
Greens bagged chopped
kale)
1/2 tsp. salt
1 (14 oz.) can artichokes
packed in water, drained
and chopped
8 oz. light cream cheese
1/2 cup shredded mozzarella
cheese
1/4 cup grated Parmesan
cheese
1/4 tsp. black pepper
1 cup Greek yogurt

1. Preheat oven to 425°F. In a large saucepan warm the olive oil over low heat. Add the garlic. Stir 1 minute. Increase heat to medium-high and add the kale and salt. Cook while stirring until very wilted, 3 minutes.
2. Remove from heat. Stir in artichokes, cream cheese, mozzarella, Parmesan and black pepper. Once well-combined, stir in yogurt.
3. Transfer to a baking dish and bake until browned on top and bubbling, 20-25 minutes.

Disclosure: I was hired by SuperFit Greens to develop this recipe for the packaging and I have permission to use the recipe and picture on this site. However, I have not been compensated in any way to promote SuperFit on my sites or on social media. All opinions are my own.



Kale Taco Salad

By Christine Pittman

Sub out Taco Tuesday with Taco Salad Tuesday. This salad has everything you love about tacos, and also has super-healthy kale.

Earlier we showed you [how to take fibrous kale and make it tender for using in salads](#). Now we're putting that skill to use for this Kale Taco Salad.

The salad has our favorite taco salad toppings: black beans, green onions, tomatoes, tortilla chips, bell peppers and cheddar cheese. That all goes on top of kale greens that have been massaged to delicious tenderness and then tossed with a really amazing dressing.

Ohhhhh this dressing! It's so creamy smooth and delicious. It's made in a blender. What you do is scoop in some Greek yogurt and add a whole avocado in there. Then you add lime juice and some of the liquid from a can of chipotle peppers in adobo sauce. Have you tried this stuff? It's spicy and smoky and adds a ton of killer flavor. Then there's some chili powder and salt. Whiz that up and mix it with your kale leaves. Pile on your toppings and dig in! Yum!

Kale Taco Salad

Continued from previous page

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 0 minutes

Total Time: 15 minutes

Ingredients:

1/2 cup Greek yogurt
1 avocado, pitted and peeled
2 Tbsp. lime juice
1 Tbsp. sauce from a can of
chipotles in adobo
1/2 tsp. chili powder
salt
8 oz. chopped kale
2 Tbsp. olive oil
1 cup shredded cheddar
cheese
1 (15 oz.) can low-sodium
black beans, drained and
rinsed
2 bell peppers, sliced
1 pint grape tomatoes, halved
2 spring onions, chopped
1/2 cup tortilla strips

1. In a blender or food processor puree Greek yogurt, avocado, lime juice, adobo sauce, chili powder and 1/2 teaspoon of salt until smooth.
2. Put kale in a large bowl. Drizzle with olive oil. Massage oil into leaves. Let rest 5 minutes. Add dressing and massage again. Add a pinch of salt. Stir.
3. Divide kale among 4 dinner plates. Top each serving with one quarter of the cheddar cheese, black beans, bell peppers, grape tomatoes, spring onions and taco strips.

Disclsoure: I originally developed this recipe for SuperFit Greens. We have permission to share the recipe and photo here but we have not been compensated to do so. All opinions are our own.



10 Best Everyday Uses for Chopped Kale

By Amy Bowen

Add “Bag of kale” to your grocery list right now. It’s amazing how easy you can add kale into almost meal. We have 10 easy ideas to get you started.

Buy a bag of kale and start playing in the kitchen. You’ll be surprised at how versatile this green can be. We have 10 ways to incorporate it into every meal.

1. USE IT IN SALADS AT WORK

You can let your kale sit in your dressing for up to a day without it getting soggy. So bring a kale lunch to work. Prep your kale in the morning or the night before and add your toppings. Go to work and by lunchtime your salad will be tender and oh-so healthy.

Uses for Kale

Continued from previous page

2. THROW A HANDFUL INTO YOUR FAVORITE SOUP

I use this trick to give my son an extra dose of vegetables. There's absolutely no way my preschooler will eat kale on its own. But if I add a little to chicken noodle soup, he'll eat it. It's magic. I throw it in for maybe 10-15 minutes before the soup's ready. Boom! I have a healthy (-ish) kid. [Here's a quick and delicious soup that features kale so you can get the idea.](#)

3. BLEND IT IN SMOOTHIES

I know, I know everyone knows you can add kale to smoothies. But let this be a friendly little reminder not to forget about your bag of kale. I always do. I'm drinking my berry smoothie when I remember the kale that's sitting in my refrigerator. Note that we have a really amazing smoothie that features berries, balsamic vinegar and kale coming up later in this ebook. You're going to love it!

4. KALE + NOODLES = LOVE

Use kale in pho (my favorite), lo mein and pad Thai. The Asian flavors compliment the kale. Just make sure to slice it in small pieces so that it'll blend nicely into the rest of the dish. Just throw it in next time you're stir-frying or making an Asian dish. Two handfuls will wilt down quite a bit and will add such a punch of nutrients to your meal

5. MAKE A HUGE BATCH OF PESTO

Make up some pesto using kale. Then enjoy it in a pasta dish, on toast or on crackers. It's also incredible on raw vegetables.

6. USE IT AS A PRETTY BED FOR FISH OR CHICKEN

Kale is pretty when you saute it with some olive oil, salt and pepper. Top it with a beautiful piece of grilled salmon or chicken. Dinner is served.

Uses for Kale

Continued from previous page

7. PAIR IT WITH BACON AND CHEESE

Even my husband eats kale when you add crispy bacon and Parmesan cheese. Go with it on a salad or pasta dish. Stir sauteed kale, bacon and cheese into rice. Really everything is more amazing with bacon and cheese.

8. EAT TACOS

As if you need an excuse. Replace iceberg lettuce with kale. Stuff with meat, tomato and avocado.

9. PAIR IT WITH QUINOA

The super green meets the super grain. The two just work together. Throw in some black beans and you have a great meal.

10. BRING FRITTATAS UP A NOTCH

Kale works in all kinds of egg dishes, whether you're doing omelets, frittatas or even the incredible breakfast stuffed peppers we have coming up for you on the next page. Scramble your eggs, add finely chopped kale and your other planned-for ingredients, cook the eggs as planned. The kale will wilt a bit in the cooking time and be just right.



Kale & Bacon Breakfast Stuffed Peppers

By Christine Pittman

Get this delicious recipe for breakfast stuffed peppers. They're pretty, tasty and healthy too!

We just gave you 10 great ideas for using kale in your everyday cooking. The idea is that you can get one of those big bags of chopped kale and then use it by the handful here and there to add flavor and nutrients to your meals. Today we're showing you how to use that chopped kale in breakfast stuffed peppers. These are such a great idea for when you have people staying over, or just for a fun weekend morning twist.

I got this recipe from [Produce for Kids](#) so you know it'll be healthy and kid-friendly too. I actually photographed the recipe for them for their website awhile ago. The best part was the post-photoshoot taste test. Mmmmm.

Kale & Bacon Breakfast Stuffed Peppers

Continued from previous page

To make these stuffed peppers you saute some onions, tomatoes, kale and chopped bacon in a pan. Then spoon it into pepper halves. You can do this the night before. Put them in a single layer in a casserole dish and cover with plastic wrap. When you're ready to make them, whisk up some eggs and pour them into the peppers. Bake until eggs are set, about 25 minutes. Then top with shredded cheese and put them back into the oven for it to melt. Serve the stuffed peppers topped with salsa. They're so fun, tasty and healthy. I can't wait for you to try them.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

2 bell peppers, seeded, cut in half lengthwise

1 tsp. olive oil

1/2 sweet onion, diced

1/2 tomato, seeded, chopped

3 slices bacon, chopped

1 cup baby kale

4 large eggs

2 Tbsp. 1% milk

1/2 cup shredded lowfat mozzarella cheese

1/2 cup salsa

1. Preheat oven to 350°F.
2. Arrange pepper halves in 13x9-inch baking dish.
3. Heat oil in skillet over medium heat; add onion and cook 3 minutes. Add tomatoes, bacon and kale, and cook 2-3 minutes. Spoon vegetables into pepper halves.
4. Whisk eggs and milk in small bowl until well blended. Pour evenly over vegetable mixture in pepper halves.
5. Bake 25-30 minutes. Remove from oven, top peppers with cheese and return to oven. Bake 5 minutes, or until cheese is melted.
6. Top each pepper with 2 Tbsp. salsa.

Disclosure: I have an ongoing working relationship with Produce for Kids where I photograph their recipes, develop some recipes and promote that work on my blog COOKtheSTORY and in social media. I have not been compensated to share or promote today's recipe. I just really like it and asked them if I could use it as part of our kale series. They said yes. All opinions are my own.



Kale & Ricotta Stuffed Eggplant Rollatini

By Christine Pittman

You can eat Italian without the guilt of all those carbs. We have a rollatini recipe that features eggplant, kale, cheese, sauce and all kinds of good ingredients.

Earlier we told you about ways to use a handful of kale here and there in your meals. The idea is that you can buy a big bag of chopped kale and then add it to everything, boosting the flavor and health of your meals, and getting you through that potentially dauntingly big bag. Here is another idea along those lines.

We've added kale to an Italian-style filling and then used it to fill eggplant roll-ups. You can add kale to any filling like this, think of your ricotta mixture for lasagna or stuffed shells, and make your Italian meals healthier than ever.

Stuffed Eggplant Rollatini

Continued from previous page

This recipe is courtesy of [Produce for Kids](#). I photographed it for them for their website earlier this year and I tell you, it was one of my all-time favorites from them. Healthy and yet so hearty and satisfying. I hope you like it as much as I do. Enjoy!

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Ingredients:

2 eggplants, sliced 1/4-inch thick lengthwise

2 Tbsp. olive oil

1 tsp. salt

1/2 tsp. pepper

3/4 cups part-skim ricotta cheese

1/2 cup organic mixed baby kale

1 large egg

3 Tbsp. shredded Parmesan cheese

2 Tbsp. fresh basil, divided

1 cup (plus 1/4 cup) low-sodium marinara sauce, divided

1/2 cup shredded lowfat mozzarella cheese

1. Preheat oven to 425°F.
2. Place eggplant on a parchment-lined baking sheet. Drizzle with oil and season with salt and pepper.
3. Bake 15 minutes, or until eggplants soften. Remove from oven and set aside.
4. Combine ricotta, kale, egg, Parmesan, 1 Tbsp. basil in large mixing bowl. Season with salt and pepper to taste. Set aside.
5. Evenly spread 1/4 cup marinara sauce on bottom of 11x8-inch baking dish.
6. Place eggplant on work surface and scoop 2 Tbsp. filling onto one short edge of an eggplant slice. Roll up and place in baking dish, seam side down. Repeat with remaining eggplant slices. Top with 1 cup marinara and then mozzarella.
7. Bake until cooked through and cheese is melted, 25 - 30 minutes.
8. Remove from oven and top with 1 Tbsp. basil.

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Cauliflower & Kale Pesto Pasta

By Christine Pittman

Get our delicious and garlicky recipe for a pesto made out of kale and cooked cauliflower.

While basil is the traditional pesto ([and we have an amazing version for you over here!](#)), you can make pesto out of all kinds of things. The basics are to include a green herb, garlic, olive oil and some kind of nut. We've done all that for today's pesto recipe but we've also gone in with baby kale and cooked cauliflower. The result is a flavorful and very healthy mixture that you'll want your pasta smothered in for years to come.

I developed this recipe in partnership with [Produce for Kids](#). They're a great resource for healthy family-friendly meals like this one. Gotta love that!

Cauliflower & Kale Pesto Pasta

Continued from previous page

Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients:

16 ounces whole wheat
elbow macaroni
1 can (16 oz.) low-sodium
chickpeas, drained
1 cup cauliflower
1 cup baby kale
1 cup flat-leaf parsley leaves
1 clove garlic
2 Tbsp. walnuts, chopped
1/4 cup olive oil
1 and 1/2 tsp. lemon juice
1/4 tsp. salt

1. Prepare pasta according to package directions, but add chickpeas during last 1 minute of cooking. Drain and return to pot.
2. Place cauliflower in bowl, cover loosely with microwave-safe lid and microwave on HIGH 4-5 minutes, or until very soft.
3. Place cauliflower, kale, parsley, garlic, walnuts, olive oil, lemon juice and salt in food processor. Purée, adding up to 1/2 cup water to achieve smooth consistency.
4. Mix pasta with desired amount of pesto and serve.

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Slow Cooker Turkey and Kale Chili

By Christine Pittman

Get our easy slow cooker chili recipe, featuring ground turkey and kale. You won't believe how good it is or how quickly it gets into that slow cooker.

I mention [Produce for Kids](#) a lot because I love them a lot. But there's this thing that happens with them sometimes. They send me the recipes that I'll be cooking and photographing, I'll look at the instructions or ingredients on one and be like, "No way. This can't be right." That's how I felt about the Sweet Potato and Black Bean Quesadillas when I first saw the recipe, "What? Sweet potatoes in quesadillas? With cheese too? Yuck." And then I made them and they were soooooo gooooooooood.

Well, that's sort of what happened for this recipe. I looked at the 2 lines of instructions and saw immediately that the ground turkey was going into the slow cooker without being cooked first. Na-uh. This can't be good. I was wrong again. I tell yah, working with the Produce for Kids women has humbled me and my food snobiness, for sure.

Slow Cooker Turkey and Kale Chili

Continued from previous page

Anyway, I was super-wrong about this slow cooker chili recipe. It's delicious. And ridiculously easy to make. All you do is put your raw ground turkey, kale, bell pepper, garlic, black beans, corn, diced tomatoes, broth and seasonings into the slow cooker. Just put them all in there. Stir and let it cook. That's it. And then you can't stop eating it. Or at least I couldn't stop, yes, with a look of total disbelief on my face the entire time ;).

Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 8 hours

Total Time: 8 hours, 10 minutes

Ingredients:

1 lb. lean ground turkey
1 onion, diced
1 bell pepper, seeded, diced
4 cloves garlic, minced
1 and 1/2 Tbsp. chili powder
1 and 1/2 Tbsp. cumin
2 tsp. dried oregano
2 Tbsp. tomato paste
2 cans (14.5 oz.) diced tomatoes, drained
1 can (15 oz.) low-sodium black beans, drained, rinsed
1 can (15 oz.) no salt added corn, drained
3/4 cups low-sodium chicken broth
4 cups organic mixed baby kale
1 cup 2% plain Greek yogurt
1 cup unsalted tortilla chips, crushed

1. Add turkey, onion, bell pepper, garlic, chili powder, cumin, oregano, tomato paste, tomatoes, black beans, corn, broth and kale to slow cooker, and cook on low 8 hours.
2. Top with Greek yogurt and tortilla chips to serve.

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Irish Mashed Potatoes with Kale (Colcannon)

By Christine Pittman

If you add kale to buttery mashed potatoes, that makes it healthy, right? Ha! You've gotta try this Irish classic called Colcannon.

A couple of years ago I was looking for some Irish recipes to make for St. Patrick's Day when I stumbled on Colcannon. It sounded ok. Mashed potatoes mixed with cabbage or kale and green onions. I could go for that, a bit of green in my spuds.

I read through some recipes and found something in a few of them ([like this one](#)) that made me excited. It's the way the recipes said to serve it. You scoop the mashed potatoes into serving bowls. Then you put an indentation into each mound of potatoes. Then...then...then... you add a slice of cold butter to that indentation. By the time the bowls of potatoes make it to

Colcannon

Continued from previous page

the table, the butter has melted into a little yellow puddle. As you dip your fork into the mash each time, it will go through that puddle each time. Oh my god, right?

I just had to try it and I'm so glad that I did. Delicious! You are so going to love this one!

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

3 lbs. potatoes (about 5-7
medium baking potatoes
salt

2 Tbsp. salted butter, plus
more for serving

4 cups roughly chopped kale

1/2 cup chopped green
onions

1/2 to 3/4 cups milk

1. Peel the potatoes and cut them into 2-inch chunks. Put them in a large pot with 2 teaspoons of salt and enough cold water to cover them. Partially cover the pot and bring it to a boil over high heat. Remove cover and reduce heat to a simmer. Cook until potatoes are fork tender. Drain and leave them in the colander.
2. Add butter to the pot and put it over medium heat until it melts. Add the kale and 1/2 teaspoon of salt. Use tongs to stir it until it is well-wilted, 3-4 minutes. Add the green onions and cook for 30 seconds more.
3. Add the drained potatoes and mash them. Stir in 1/2 cup of milk. Taste. Add more milk to make it moister and more salt if desired. Transfer to soup bowls and dot each portion with a slice of cold butter.



Beet and Kale Salad

By Christine Pittman

This kale salad will make people swear you have a fancy personal chef. It's that good.

I originally developed this recipe for the New York Apple Growers Association for their RubyFrost apple. It's a pretty sophisticated crunchy and slightly tart apple. Using it on a trendy beet and kale salad seemed like an obvious thing to do.

But how to tie it all together?

I turned to one of my all-time favorite books, *The Flavor Bible*. If you don't have this, you need to get it pronto, especially if you're someone who likes creating your own things in the kitchen. What it is is a book, a big book, organized alphabetically by ingredient. For each ingredient it lists a whole bunch of things that go with it. The ideas I can come up with when I consult these lists. Wow.

Beet and Kale Salad

Continued from previous page

In this case, I had a look at what beets go with and then had a look at what apples go with. One of their commonalities was horseradish. Yes, really. Well. Horseradish, it was to be!

I made up a creamy dressing with a bit of spicy horseradish in the mix (note: buy the jars of horseradish found in the refrigerated section of the grocery store, not on the shelf. They typically have much stronger and better flavor). It's subtle but it really does bring everything together just as I'd hoped.

I know you're going to love this salad and I hope you're inspired by The Flavor Bible and that you find delight in refrigerated horseradish too!

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 20 minutes

Ingredients:

2 Tbsp. butter
2 Tbsp. water
3 Tbsp. cider vinegar
1/4 cup sugar
1 tsp. prepared horseradish
a pinch of salt
1 cup mayonnaise
8 cups baby kale or dark salad green mix
1 RubyFrost apple, cored and sliced 1/4 inch thick
1 (14.5 oz.) can sliced beets, drained and cut in half (or 3 fresh beets, peeled and simmered until tender and then sliced 1/4 inch)
1 ounce Parmesan cheese or 2 ounces creamy goat cheese

1. Melt the butter in a small saucepan over low heat. Stir in the water, vinegar, sugar, horseradish and salt. And the mayonnaise and stir until the sugar has dissolved, 1-2 minutes. Remove from heat.
2. Divide the kale or salad greens among 4 plates. Top with the apple slices and beets. Use a potato peeler to shave Parmesan cheese over each salad or dollop each with some of the goat cheese. Drizzle each salad with 2 Tablespoons of the dressing. You will not use up all the dressing. Store the remainder in an airtight container for up to 2 weeks.

Disclosure: I was compensated by the New York Apple Growers Association to develop and photograph this recipe and to share it on my personal blog COOKtheSTORY, but not to share, years later, on TheCookful. I did that just because I like the recipe so much. All opinions are my own.



Balsamic Vinegar Berry Smoothie with Kale

By Christine Pittman

Learn how and why to sweeten a smoothie with balsamic vinegar and get our delicious recipe.

Last week we gave you a list of ways to add kale to your life, getting it into lots of meals here and there. A smoothie was on that list and so we just had to share one with you.

This one has the kale in it, of course. And lots of frozen berries. The cool thing about it is that it's sweetened with Balsamic vinegar, which has fewer calories than honey and adds a really cool flavor. Enjoy!

Balsamic Vinegar Berry Smoothie with Kale

Continued from previous page

Yield: 2 cups

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Ingredients:

2 Tbsp. balsamic vinegar

1 cup kale

1/2 of a banana

1 cup frozen berries

1 cup Greek yogurt

1. Measure the balsamic vinegar into a blender. Add the kale, bananas and berries. Top with the Greek yogurt. Pulse until it is smooth. Serve immediately.

Disclosure: I was compensated by Pompeian to develop this recipe, photograph it and share it on my personal blog COOKtheSTORY. I was not compensated to share it here and did so simply because I really like it. All opinions are my own.

101 Kale Recipes

By Nicole Johnson

All the delicious kale recipes that you could ever need. From salads, to pasta, to smoothies – we've got you covered.

The Cookful Recipes

1. [Balsamic Vinegar Berry Smoothie](#)
2. [Beet and Kale Salad with Apples and Creamy Tangy Dressing](#)
3. [Colcannon](#)
4. [Healthy Kale & Ricotta Stuffed Eggplant Rollatini](#)
5. [Kale and Artichoke Dip](#)
6. [Kale chips](#)

Breakfast Recipes

7. [Kale Quiche](#)
8. [Egg Muffins with Ham, Kale, and Cauliflower Rice](#)
9. [Paleo Breakfast Cookies with Kale](#)
10. [Kale, Mushroom, and Caramelized Onion Breakfast Casserole](#)
11. [Sweet Potato, Sausage, and Kale Breakfast Casserole](#)

12. [Kale, Red Pepper, and Goat Cheese Frittata](#)
13. [The Best Breakfast Hash with Chunky Pesto](#)
14. [Caramelized Shallot, Kale, and Sausage Hash](#)
15. [Cheesy Kale Breakfast Mini Frittatas](#)

Butternut Squash

16. [Spaghetti with Butternut Squash](#)
17. [Butternut Squash and Kale Lo Mein with Crispy Tofu](#)
18. [Butternut Squash, Quinoa, Kale Stuffing recipe](#)
19. [Butternut Squash and Kale Strata](#)

Main Dishes

20. [Chicken Pot Pie](#)
21. [Roasted Shrimp and Kale Rigatoni with Lemon-Ricotta Sauce](#)

22. [Honeyed Shrimp with Crispy Kale and Gorgonzola Grits](#)
23. [Crispy Bacon Kale and Shrimp with Lemon Butter Pan Sauce](#)
24. [Low-Carb Sausage and Kale Mock Lasagna Casserole](#)
25. [Baked Bean, Sausage, and Kale Skillet](#)
26. [Creamy Chicken and Kale Enchiladas with Salsa Verde](#)
27. [Turkey and Kale Divan](#)
28. [Sriracha Egg Salad Sandwich](#)
29. [Jalapeno Avocado Tuna Salad](#)

Pasta

30. [Hearty Portobello Kale Lasagna](#)
31. [Shiitake Mushroom and Kale Ramen](#)
32. [Shrimp, Bacon, and Kale Parmesan Pasta](#)

101 Kale Recipes

Continued from previous page

- 33. [Chicken & Kale Linguine](#)
- 34. [Creamy Parmesan, Sausage, and Kale Penne](#)
- 35. [One Pot Kale, Broccoli, Chickpea, Orecchiette Pasta](#)
- 36. [Easy Penne Arrabbiata](#)
- 37. [Kale, Tomato, and Lemon Magic One-Pot Spaghetti](#)

Pesto

- 38. [Kale Stem Pesto](#)
- 39. [Pale Ale and Baby Kale Creamy Pesto](#)
- 40. [Cauliflower & Kale Pesto Pasta](#)
- 41. [Kale Pesto Zucchini Noodles and Salmon](#)
- 42. [Kale and Feta Pesto Stuffed Cod](#)
- 43. [Zoodles with Spinach Kale and Basil Pesto](#)
- 44. [Roasted Garlic Kale Pesto and Veggie Pasta](#)
- 45. [Quesadillas](#)
- 46. [Roasted Squash and Kale Quesadillas](#)

- 47. [Turkey, Kale, and Cheese Quesadillas](#)
- 48. [Kale, Mushroom, and Goat Cheese Quesadilla](#)

Salad

- 49. [Honey Glazed Chicken and Southwest Kale Salad](#)
- 50. [Green Superfood Salad](#)
- 51. [Kale Waldorf Chicken Salad](#)
- 52. [Mason Jar Broccoli Salad with Kale and Apple](#)
- 53. [Garlic Kale Shrimp Salad](#)
- 54. [Kale Salad with Toasted Nuts, Seeds, and Buckwheat](#)
- 55. [Mason Jar Kale Salad Recipe](#)
- 56. [Kale and Quinoa Tabouli Salad](#)
- 57. [Red, White, and Bleu Kale Salad](#)
- 58. [Kale, Cara Cara Orange, and Smoked Almond Salad](#)
- 59. [Cabbage, Apple, and Kale Salad with Cranberries and Pistachios](#)

- 60. [Kale and Roasted Cauliflower Salad](#)
- 61. [Purple Kale and Pansy Salad](#)
- 62. [Kale and Apple Salad](#)
- 63. [Kale Caesar Salad with Tofu Croutons & Kalamata Caesar Dressing](#)
- 64. [Kale Panzanella with Chicken Sausage](#)
- 65. [Kale Cucumber Tabbouleh](#)
- 66. [Cajun Corn and Kale Salad](#)
- 67. [Mandarin Orange, Cranberry Kale Salad](#)
- 68. [Squash, Quinoa, and Kale Salad](#)
- 69. [Roasted Delicata Squash, Pardina Lentil, and Kale Salad with Maple-Pear Balsamic Vinaigrette](#)
- 70. [Potato, Lentil, and Lemon Kale Salad](#)
- 71. [Best Kale Chopped Salad with Pomegranates and Roasted Delicata Squash](#)
- 72. [Buddah Bowl](#)
- 73. [Chicken, Kale, and Wild Rice Salad](#)

101 Kale Recipes

Continued from previous page

Sides

- 74. [Creamed Kale](#)
- 75. [Kale and Artichoke Guacamole](#)
- 76. [5 Minute Broccoli Kale Slaw](#)
- 77. [Macaroni and Cheese with White Beans and Kale](#)
- 78. [Kale and Bacon Mashed Potatoes](#)

Snacks

- 79. [White Bean & Kale Pesto Dip](#)
- 80. [Kale Rosemary Super Seed Cracker](#)
- 81. [Easy Kale Chips](#)
- 82. [Parmesan Kale Chips](#)
- 83. [Spicy Kale Chips](#)
- 84. [Healthy Kale Chips](#)
- 85. [Kale and Spinach Dip Bites](#)

Soups, Stews, and Chili

- 86. [Kale Soup](#)
- 87. [Healthy Paleo Chicken Stew with Kale and Dijon Mustard](#)
- 88. [Gluten Free Zuppa Toscana](#)
- 89. [Sausage White Bean and Kale Stew](#)
- 90. [Spelt and Vegetable Soup](#)
- 91. [Slow Cooker Kale and White Bean Soup](#)
- 92. [Chipotle Sweet Potato Turkey Chili](#)
- 93. [Spicy Sausage Lentil & Kale Soup](#)
- 94. [Crock Pot Chicken, Artichoke, and Kale Soup](#)
- 95. [Vegan Potato Soup with Beans & Kale](#)

Spaghetti Squash Recipes

- 96. [Spaghetti Squash Bowl with Smoky Waffled Tofu](#)
- 97. [Chorizo Kale and Pepper Stuffed Spaghetti Squash Boats](#)
- 98. [Unique and different Kale Recipes](#)
- 99. [Cheddar Kale Skillet Cornbread](#)
- 100. [Kale Green Smoothie](#)
- 101. [Chocolate and Kale Protein Smoothie](#)

Contributors

Many thanks to our writers for this edition of The Cookful.



Amy Bowen, editor

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at The Cookful and is the primary editor for this ebook.



Christine Pittman, editor

» cookthestory.com

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Nicole Johnson

» orwhateveryoudo.com

Nicole has been blogging for 5 years at orwhateveryoudo.com, when not chasing her 7 kids around or working full time for Mediavine. She basically lives, breathes, and eats blogging. And cookies. A pasta fanatic and dedicated tomato fan, she occasionally branches out into crazier things like oh, rice and potatoes. She features mostly from scratch cooking with a healthy smattering of easy convenience meals tossed in to keep it real.



Maria Siriano

» siftandwhisk.com

Somewhere among the towers of batter-smeared mixing bowls, you'll find a flour-covered Maria making unique seasonal desserts for her blog, Sift & Whisk. Although she never quite got the hang of the clean-as-you-go technique, she has still managed to elevate her baking skills far beyond "add oil, water, and eggs." She makes a killer pie, if she does say so herself.

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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