

Kale walnut pesto

INGREDIENTS

- 1 cup kale, packed, de-stemmed
- 1/4 cup tightly packed basil
- 1/4 cup walnuts
- 1 clove garlic, peeled
- 1 TBL shredded or grated parmesan
- 1/4 tsp salt
- 1 TBL water
- 3 TBL olive oil
- 1 TBL lemon juice

DIRECTIONS

1. In a food processor, add the kale, basil, walnuts, garlic, parmesan, and salt. Pulse a few times to combine.
2. Turn the processor on and drizzle in the water, olive oil, and lemon juice, stopping several times to scrape down the sides of the bowl. Add more oil, if needed, to get the consistency you like.



Kale salad w/cranberries & walnuts

INGREDIENTS

- 1 bunch of kale, washed, de-stemmed and torn into pieces
- ¼ cup raisins or dried cherries
- Quarter of 1 small red onion, sliced into half moons
- ¼ cup walnuts, toasted
- ¼ cup apple cider vinegar
- 1 TBL real maple syrup or honey
- 3 TBL olive oil
- Salt & pepper

DIRECTIONS

1. In a bowl, whisk together the vinegar, olive oil maple syrup, salt and pepper.
2. Add kale and massage dressing into the leaves.
3. Add onion, cranberries and walnuts. Taste and adjust seasoning.



Garlicky greens

INGREDIENTS

- 1 TBL olive oil
- 2-3 cloves of garlic, thinly sliced or minced
- About 1 lb leafy greens, such as kale, mustard greens, collard greens, turnip greens, spinach
- Salt, to taste
- Lemon juice, about 1 TBL, to taste
- Optional: crushed red pepper

DIRECTIONS

1. Heat oil in a saute pan over medium.
2. Add garlic; cook, stirring often. If thinly sliced, cook until garlic is golden brown and crispy, about 1 minute. If minced, cook about 30 seconds.
3. Stir in greens, in batches if necessary; cook until wilted, 1 to 2 minutes, before adding more greens. Cover and cook, stirring occasionally, until tender-crisp, 10 to 12 minutes. Stir in lemon juice and crushed red pepper, if using. Sprinkle with salt and pepper. Stir in an additional $\frac{1}{4}$ teaspoon crushed red pepper, if desired.

- Recipe adapted from Southern Living: <https://www.southernliving.com/recipes/sauteed-mustard-greens-garlic-lemon-recipe>



Pasta w/dandelion greens, garlic, and pine nuts

INGREDIENTS

- Kosher salt
- 1/4 cup extra virgin olive oil
- 6 large cloves garlic, thinly sliced
- 1/4 cup pine nuts
- 12oz dandelion greens, trimmed and cut into 2-inch lengths
- 1 TBL balsamic vinegar
- Black pepper, to taste
- 12 oz medium sized pasta
- 2oz finely grated Parmigiano-Reggiano (2 cups using a rasp grater)

DIRECTIONS

1. Cook the pasta in salted water, according to package directions. Be sure to pull out 1 cup of starchy cooking liquid to reserve for use later. Then, drain.
2. In the meantime, cook the oil and garlic in a 12-inch skillet over medium-low heat, stirring occasionally, until golden about 1 minute. Using a slotted spoon, remove the garlic to paper towels to drain.
3. Add the pine nuts to the skillet and cook, stirring frequently. Cook until golden, about 1 minute, then remove onto the paper towels with the garlic.
4. Add the dandelion greens to the skillet and cook until wilted, about 2 minutes. Stir in the balsamic vinegar. Season to taste with salt and pepper.
5. Add the cooked pasta, pine nuts and garlic to the skillet and toss with the greens. Add half of the Parmesan cheese, adding some of the pasta cooking water to moisten, as necessary.
6. Serve and garnish each bowl with the remaining cheese.

- Recipe adapted from Fine Cooking: <https://www.finecooking.com/recipe/pasta-with-dandelion-greens-garlic-and-pine-nuts>



Sesame ginger baby bok choy

INGREDIENTS

- 1 TBL olive oil
- 2 shallots, minced
- 5 cloves garlic, minced
- 2 tsp grated ginger
- 2 LBS baby bok choy
- 2 TBL soy sauce
- 2 tsp toasted sesame oil
- Optional: 1 tsp crushed red pepper flakes

DIRECTIONS

1. Add oil to a large wok or skillet over medium heat. Add the shallot and cook about 1 minute. Add the garlic and ginger and cook about 30 seconds.
2. Add the bok choy, soy sauce, and sesame oil. Toss to coat. Cover. Cook for about 2 minutes, removing the cover occasionally to toss the bok choy. Cook until desired doneness, about 3-5 minutes.
3. Sprinkle with crushed red pepper, if using.

- Recipe adapted from The Forked Spoon: <https://theforkedspoon.com/bok-choy-recipe/>

