



Leafy Green Recipes

- Cabbage
- Swiss Chard
- Kale

Cabbage

Cabbage is a leafy green vegetable. It can be eaten raw or cooked, however as the texture is somewhat rubbery raw, it becomes much more soft when cooked. It is also sweeter once cooked. Cabbage can be mixed in with a stir-fry, baked, grilled, or roasted with other vegetables.

Cabbage Steaks

- 1/3 cup olive oil
- 1 head of green cabbage
- 1 tsp kosher salt
- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp onion powder
- ¼ tsp ground pepper

Instructions: Grease a large baking sheet with olive oil. Slice cabbage, in a top to stem motion, in ½-¾' slices (the thinner your slices, the more caramelization you will get). Place cabbage steaks onto baking sheet in a single layer. Brush each cabbage steak with olive oil, then sprinkle evenly with each spice. Roast on center rack of oven at 400 degrees for 45-60 minutes (the thicker your cabbage steak, the longer it will take). Serve immediately.

Lemon Garlic Sautéed Cabbage

- 2 lbs cabbage
- 1 tbsp garlic
- 1 half of a lemon, wedges
- 1 pinch red pepper flakes
- ½ tsp sea salt
- 1 ½ tbsp olive oil

Instructions: Heat the olive oil in a large skillet or Dutch oven over medium high heat. Add the cabbage, garlic, red pepper flakes, and the salt. It might seem like too much cabbage for the pan, but as it cooks, the cabbage will wilt down. Cook, stirring occasionally until the cabbage is tender and some of the cabbage begins to turn light brown; 10 to 15 minutes. Squeeze the juice from 2 lemon wedges over the cabbage. Taste and then adjust with more salt, pepper, and lemon juice as needed.

Southern Fried Cabbage and Bacon

- 1 lb bacon, thick cut
- 2 cloves garlic
- 1 tsp garlic powder
- 1 head cabbage
- 1 onion
- 1 tsp black pepper
- ½ tsp red pepper flakes
- 1 tsp salt

Instructions: Cut bacon into bite size pieces and fry in a medium heat until brown and crispy. Remove bacon and leave grease from bacon in pan. Place onion and garlic in the pan and fry for 1-2 minutes. Chop up your cabbage into bite size pieces. Place cabbage in the pan along with spices. Stir and cook on a medium heat for 5-7 minutes or until cabbage is tender. Stir bacon back into the pan and mix with the cabbage. Serve and Enjoy!

Swiss Chard

Swiss chard leaves are tender and have a taste similar to beet greens and spinach. While some may find the leaves slightly bitter, they are less vegetal in flavor than kale. The crunchy stems are slightly sweet and have a similar taste and texture with bok choy stems.

Garlic Sautéed Swiss Chard

- 3 cloves garlic
- 1 bunch swiss chard
- 1 sea salt
- 1 tbsp olive oil
- ¼ cup water

Instructions: Wash and clean the chard leaves. Depending on your preference, you can remove the stems at the bottom of the leaves or keep them and slice them up. Roll the leaves into a cigar-like shape and slice across horizontally into one-inch wide strips. Heat the olive oil in a sauté pan on medium heat. Add the minced garlic and sauté for one minute. Add the water and chard stems and cook for 1-2 minutes, until softened. Add the chard leaves and cook for an additional 4-5 minutes. The chard leaves will wilt down. Before serving, sprinkle with sea salt.

Sautéed Swiss Chard with Parmesan Cheese

- 1 tbsp garlic
- ½ red onion
- 1 bunch swiss chard
- 1 tbsp lemon juice, fresh
- Salt
- 2 tbsp olive oil
- 2 tbsp butter
- 2 tbsp parmesan cheese

Instructions: Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the onion and garlic, and cook for 30 seconds until fragrant. Add the chard stems. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in the lemon juice and Parmesan cheese; season to taste with salt if needed.

Salt and Vinegar Swiss Chard Chips

- 1 bunch 8-10 swiss chard, leaves
- 1 ½ tsp salt
- 1 ½ tbsp apple cider vinegar
- 1 tbsp olive oil

Instructions: Remove stalk and rib, and tear Swiss chard leaves into bite-size pieces and place in a large bowl. Add the oil and vinegar, massage the Swiss chard and coat evenly. Preheat to 325F. Transfer leaves to a baking sheet and spread evenly. You may need two baking sheets. Bake in the oven for about 10 minutes, and then turn the sheet halfway and bake for another 8-10 minutes until crispy. Season with salt, serve immediately.

Kale

Kale is a well known “Superfood”. It contains essential vitamins and minerals like Vitamin A, Vitamin C, Vitamin K, Calcium and Potassium. Plus, 1 cup of Kale provides nearly 3 grams of protein! It can be enjoyed raw or cooked.

Kale Chips

- 1 bunch of kale, about 6 cups
- 1 tbsp olive oil
- 1 tsp garlic salt
- ¼ tsp fresh ground pepper

Instructions: Preheat oven to 325F. Lightly grease a large baking sheet, set aside. In large mixing bowl, mix olive oil, garlic salt, and pepper. Remove the leafy green part of the kale from the tough stalk, and tear into smaller pieces. Place kale leaves into large mixing bowl. Massage oil mixture into kale until every piece of kale is coated (This is very important. If the kale is not completely coated with oil, it will not hold ingredients). If necessary, add more olive oil, 1 tsp at a time. Place kale leaves onto baking sheet and bake for 25-40 minutes or until the kale is crispy and just begins to brown. Stir halfway through. Once brown and crispy, let cool completely on the baking sheet. Remove cooled kale chips from the baking sheet and eat or put in a container with a loosely-fitting lid to store.

Simple Sautéed Kale

- Garlic powder
- ½ bunch kale
- Salt
- Olive oil

Instructions: Wash the kale. Cut the rib out of the kale, then cut the kale leaves into strips. In a pan, heat up olive oil. Put the kale in with a pinch of salt and a dash of garlic powder. Cook it down about eight minute and add another pinch of salt. Cook it down another seven minutes.

Carrot and Kale Vegetable Sauté

- 8 bacon strips, coarsely chopped
- 4 large carrots, sliced
- 2 cups of peeled butternut squash (½ inch pieces)
- 1 poblano pepper, seeded and chopped
- ½ cup finely chopped onion
- 1 tsp smoked paprika
- ¼ tsp salt
- ¼ pepper
- 2 tomatoes chopped
- 2 cups chopped fresh kale

Instructions: In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Using a slotted spoon, remove bacon to paper towels. Pour off all but 1 tablespoon drippings.

Add carrots and squash to drippings; cook, covered over medium heat 5 minutes. Add poblano pepper and onion; cook until vegetables are tender, about 5 minutes, stirring occasionally. Stir in seasonings. Add tomatoes and kale; cook, covered, until kale is wilted, 2-3 minutes. Top with bacon.