



## Crispy Kale Chips

### **Ingredients:**

- 1 head kale, thoroughly washed and dried
- 2 tablespoons oil
- Sea salt, for sprinkling

### **Directions:**

1. Preheat the oven to 275° F.
2. Remove the ribs from the kale and cut into 1 ½ inch pieces. Lay on a baking sheet and toss with the oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

### **Health Benefits:**

- Kale is high in vitamins K, A and C.
  - Vitamin K: heart health, blood clotting, bone health, cancer prevention and diabetes prevention
  - Vitamin A: vision and skin health
  - Vitamin C: immunity, joint health, hydration, and metabolism



# Kale Smoothie

## **Ingredients:**

- ½ banana
- ½ pear (can substitute with your favorite fruit)
- 1 cup kale, packed
- 1 tbsp almond butter (can substitute any nut butter or omit)
- 1 cup plain soy milk (can substitute milk or any other liquid)

## **Directions:**

1. Remove the ribs from the kale and chop into bite-sized pieces. Chop the pear and banana into bite-sized pieces.
2. Add the almond butter and freeze in an airtight container or freezer bag.
3. When ready, add contents to a blender. Add the soymilk and blend until smooth.

## **Health Benefits:**

- Kale is high in vitamins K, A and C.
  - Vitamin K: heart health, blood clotting, bone health, cancer prevention and diabetes prevention
  - Vitamin A: vision and skin health
  - Vitamin C: immunity, joint health, hydration, and metabolism




## **Crispy Baked Zucchini Fries**

### **Ingredients:**

- 3-4 large zucchini
- 1 cup bread crumbs (Panko or Italian or a mixture of both)
- $\frac{1}{4}$  cup grated Parmesan cheese (optional)
- 2 eggs
- 2 tbsp olive oil
- $\frac{1}{2}$  tsp garlic powder (optional)
- Salt and pepper to taste

### **Instructions:**

1. Preheat oven to 425F. Line a baking sheet with aluminum foil or parchment paper and lightly grease with oil. Set aside.
  2. Combine 2 eggs in a small shallow bowl and set aside. Combine the breadcrumbs and parmesan cheese in another bowl and set aside.
  3. Prepare zucchini by trimming the ends and cutting into  $\frac{1}{2}$  inch strips or slices.
  4. Dip zucchini strips into egg mixture then in the breadcrumb mixture and transfer to greased baking sheet. Repeat until all zucchini strips are coated.
  5. Season with salt, pepper, and garlic powder. Drizzle with olive oil or spray generously with cooking spray
  6. Bake in the preheated oven, turning once, until golden and crisp, 30-35 minutes or until golden and crispy. Serve with your favorite dipping sauce.
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## **Roasted Cabbage**

### **Ingredients:**

- Olive oil spray
- 1 large green cabbage
- 1 tsp salt
- 1 tsp garlic powder
- ½ tsp red pepper flakes

### **Directions:**

1. Preheat oven to 400 degrees F. Line a rimmed baking sheet with foil and generously spray it with olive oil.
2. Remove the cabbage's outer leaves if damaged. Cut in half, then into wedges, leaving the core in.
3. Place the cabbage wedges in a single layer on the prepared baking sheet. Generously spray tops with olive oil. Season with salt, garlic powder, and red pepper flakes.
4. Roast the cabbage wedges until golden brown and fork-tender, 25-30 minutes.

### **Health Benefits:**

Cabbage is low in calories and is a good source of vitamins K and C.

