



KALE 3 WAYS!

BREAKFAST CASSEROLE WITH KALE

INGREDIENTS NEEDED:

1 onion
2 cups washed kale leaves
8 eggs
1 cup milk
1 cup grated cheese
1 teaspoon dried thyme
1 teaspoon dried rosemary
Salt and pepper

STEPS:

1. Preheat oven to 375 degrees.
2. In a sauté pan, cook the onions and kale for 3-5 minutes and set aside.
3. Crack eggs into a bowl and add milk, whisking together with a fork.
4. Add dried seasonings to egg and milk mixture.
5. Use olive oil or butter to grease a baking dish.
6. Combine the cooked vegetables with the egg and milk mixture and pour into a baking dish.
7. Place a layer of grated cheese on the top of the egg, milk, and veggie mixture.
8. Bake until eggs are set and the cheese is golden (15-20 minutes).

Make this dish at the start of your week for an easy grab-and-go breakfast for those busy weekday mornings!

KALE CHIPS

INGREDIENTS NEEDED:

3 cups of kale leaves, cleaned
½ tablespoon olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
¼ teaspoon salt

STEPS:

1. Preheat oven to 300 degrees.
2. Remove the leaves from the kale stems and tear into small pieces.
3. Dry any excess water on the kale leaves before baking.
4. In a large bowl, massage the kale leaves with oil and seasonings.
5. Spread evenly on a bake sheet.
6. Bake for 10 minutes, flip the chips, and then bake for an additional 10 minutes.
7. Best if eaten within a day or two!

Kale chips are full of minerals like calcium, magnesium, and iron!

HEARTY KALE, POTATO, AND SAUSAGE SOUP

INGREDIENTS NEEDED:

1 medium onion, diced finely
3 garlic cloves, minced
3 medium potatoes cubed or sliced
1 bunch kale
12 ounces of ground sausage
2-3 tablespoons olive oil
16 ounces of stock
Salt and pepper
Fresh parsley for garnish (optional)

STEPS:

1. Sauté sausage until fully cooked and set aside.
2. In the sausage drippings pan, sauté onion, garlic, and potatoes until soft.
3. Add pan ingredients and cooked sausage to a large stock pot.
4. Add stock (chicken or vegetable works great!) into the stock pot.
5. Simmer all ingredients for 25-30 minutes, adding kale leaves at the end.
6. Salt and pepper to taste.
7. Serve warm with sour cream or parsley as a garnish.

This soup is a wonderful way to boost your immune system during the cold and flu season!