

Seven Kale Recipes From Around the World

[Spicy African Kale and Yams](#)

[Chinese Sesame Kale](#)

[Austrian Kale](#)

[Braised Tuscan Kale](#)

[Italian Pork Chops with Kale](#)

[Bean and Kale Soup](#)

[Caldo Verde](#) (Portuguese Kale-Potato-Sausage Soup)

Kale has earned a spot on many nutritionists' lists of Top 10 Healthiest Vegetables. As a member of the Brassica family of plants, along with the likes of broccoli and cabbage, it is chock full of phytochemicals that are believed to help prevent cancer. It's also extraordinarily high in carotenes, which are a good source of [Vitamin A](#), which is good for everything from vision to bone growth, and [Vitamin K](#), which is good for the blood. It's nutritional attributes don't stop there. Kale is also an excellent source of [raft of other nutrients](#), including Vitamin C, manganese and calcium. Best of all, kale is good to eat – and is easily incorporated into a wide array of dishes.

Spicy African Kale and Yams

1 large bunch Kale, 4 cups chopped, pressed firm
4 cup Garnet yam, rinsed well, chopped
1 ½ tablespoon olive oil
2 cup Purple cabbage, sliced
1 ½ cup Onion, chopped
3 tablespoon soy sauce
2 tablespoon salt, or to taste
1 tablespoon minced garlic
1 tablespoon ginger, peeled and minced
1 teaspoon serrano chile, seeded and diced
Hot Sauce, to taste

1. Rinse and drain kale well. Steam kale and yams. Kale should still be colorful and yams should still have some firmness.

2. While kale and yams are steaming, place oil in a large sauté pan and heat on medium high. Add onion, garlic, ginger and chili pepper, cook for 5 minutes, stirring frequently.

3. Add cabbage and cook for 5 minutes, stirring frequently. Add small amounts of water if necessary to prevent sticking. Place in a large mixing bowl with remaining ingredients, add kale and mix well.

4. Add yams and gently mix well.

Chinese Sesame Kale

2 cloves garlic, minced
1 pound kale (about bunch)
2 teaspoons sesame seed oil
2 tablespoons water

1 teaspoon soy sauce
2 teaspoons toasted sesame seeds
Salt and pepper, if desired

1. Mince the garlic cloves. Wash the kale and shake it over the sink. It should remain a little wet. Remove and discard the stems from the kale and tear it into bite-size pieces. Save the stems for another use, such as vegetable stock.

2. Heat the sesame seed oil in the skillet over medium-low heat. Add the minced garlic to the hot oil and sauté for about 20 seconds. Add the kale and water to the garlic and oil, and cover the skillet.

3. After 1 minute, stir the kale, then re-cover. After 1-2 more minutes, when the kale is wilted, stir in the soy sauce and sesame seeds. If desired, add salt and/or pepper to taste.

Austrian Kale

2 bunches kale, washed
1 clove garlic, minced
½ medium onion, coarsely chopped
2 tablespoon oil
1 ½ cup chicken stock or bouillon
4 medium potatoes, quartered
1 stalk celery, chopped
Sour cream, for garnish

1. Cut the kale leaves into 1/2-inch-wide strips. Blanch them in lightly salted boiling water for one minute. Set aside.

2. Sauté the garlic and onion in the oil until lightly browned. Add the chicken stock, potatoes, celery, and blanched kale. Simmer together until potatoes fall apart and lose their shape. Stir; season with salt and pepper, garnish with sour cream and serve.

Braised Tuscan Kale

4 bunches kale, stems removed
Salt as needed
¼ cup extra-virgin olive oil
½ white onion thinly sliced
½ rosemary sprig
1 dried small red chile
2 garlic cloves thinly sliced
¼ cup chicken stock or water

1. Coarsely chop the kale leaves and blanch them in boiling salted water, about 3 minutes, then drain.

2. Heat the oil in a heavy skillet over medium heat and add the onion, rosemary and chile. Cook for 2 minutes, then add the garlic and 1/4 teaspoon of salt. When the onion is translucent and starting to color, 3 to 5 minutes, add the kale.

3. Cook the kale over medium-low heat for 30 to 40 minutes, stirring often. The kale will turn a deep, almost black color, become soft and then almost a little crisp. Add 1/2 teaspoon of salt. If the greens get too dry during the cooking, stir in a little stock or water.

4. Spoon into a serving bowl and serve.

Italian Pork Chops with Kale

2 lbs kale
1/4 cup olive oil
2 large cloves of garlic, minced
4 thick pork chops
2 teaspoons fennel seeds
1 cup hot water
1 small can tomato paste

1. Soak kale and rinse it thoroughly then simmer for 20 minutes in pot of salted water.
2. While kale is cooking, heat oil in large, deep skillet. Add garlic and cook for 2 minutes over low heat. Add pork chops and saute for 5 minutes on each side, then season with salt, pepper, and fennel seeds.
3. Dissolve tomato paste in hot water and add to pork chops. Cover and cook on low for 30 minutes, adding water if sauce gets too thick.
4. Drain kale and stir into tomato sauce. Cover and cook for another 10 minutes.

Bean and Kale Soup

1/2 lb. dried Great Northern beans
Water as needed
Olive oil as needed
1 onion, chopped
2 small carrots, diced
1 celery stalk, diced
4 cup shredded kale (1 small bunch)
1 boiling potato, diced
2 cup chopped Swiss chard bunch (1 small bunch)
1 large tomato, diced
2 garlic cloves, minced
2 teaspoon minced fresh rosemary leaves
1 tablespoon minced parsley
1 teaspoon fresh thyme leaves
Salt to taste
Freshly-ground black pepper to taste
1 cup freshly-grated Parmesan cheese

1. Place beans in large saucepan with enough cold water to cover. Let stand at room temperature overnight.
2. Drain beans and return to saucepan. Add enough water to cover and bring to a boil over high heat. Reduce heat and simmer until tender, 1 hour 30 minutes, reserving liquid. Transfer half of beans to food processor or blender and puree. Reserve remaining whole beans.
3. Heat 1/4 cup oil in large pot over medium-high heat. Add onion, carrots and celery and saute 5 minutes. Stir in kale, potato, pureed beans and enough reserved bean cooking liquid and water to make 6 cups. Heat over medium heat and simmer for about 30 minutes until vegetables are tender.

4. Add chard, tomato, garlic, rosemary, parsley, thyme and salt and pepper to taste. Simmer until chard is tender and flavors are well blended, at least 1 hour, adding additional bean liquid if soup is too thick. (Soup should be quite thick.)

5. Stir in reserved whole beans and simmer until heated through, 5 to 10 minutes. (Can be cooled and refrigerated overnight.) Ladle into heated soup bowls and sprinkle with Parmesan cheese. Top each bowl of soup with spoonful of olive oil, if desired.

Caldo Verde (Portuguese Kale-Potato-Sausage Soup)

1 large yellow onion, peeled and minced fine
1 large garlic clove, peeled and minced
4 tablespoons olive oil
6 large potatoes
2 quarts cold water
1 pound chorizo or similar sausage
2 1/2 teaspoons salt
1/4 teaspoon pepper
1 lb. kale, chopped

1. Saute the onion and garlic in three tablespoons of oil. Add potatoes and sauté for five minutes. Add water, cover, and boil gently for 20 minutes until potatoes are falling apart.

2. Meanwhile, chop and fry the sausage in a skillet and drain, then add the kale, remaining tablespoon of olive oil, salt and pepper, and simmer for five minutes. Stir sausage and kale into pot of boiled potatoes. Cook for about 20 more minutes and serve with dark bread.

Matchstick Pasta Recipe

Save a couple large kale leaves to garnish your serving platter.

8 ounces whole grain linguine or spaghetti
2/3 cup pistachios, toasted
1 medium clove garlic, smashed and chopped
1/4 teaspoon fine grain sea salt
1/4 cup extra virgin olive oil
1 large bunch of kale, washed, de-stemmed and chopped into bite-sized pieces
1 pomegranate, just the seeds*

Bring a large pot of water to a boil. While the water is heating, break the pasta into 1 1/2-inch segments and make the pistachio sauce by pureeing 1/3 cup of the pistachios, garlic, salt and olive oil with a hand blender or food processor. Set aside.

Once the water is boiling, salt it generously and cook the pasta per package instructions - be careful not to overcook. At the very last second, add the kale to the pot of boiling water, and IMMEDIATELY drain the pot. You don't want to overcook the kale to the point that it is listless. Run cold water over the pasta and kale, using your hand to work the cold water through the kale and pasta. Toss gently with a spoonful of the pistachio sauce and now spin the pasta and kale dry in a salad spinner to toss off any remaining water.

Just before serving, toss the pasta with a big spoonful of the pistachio sauce and 1/2 of the pomegranate seeds, taste and add a bit of salt if needed. Turn the pasta out onto a platter lined with a couple kale leaves (optional), and sprinkle the remaining pomegranate seeds and pistachios on top. Finish with another drizzle of the pistachio sauce if you like.

Serves 4.

*An easy way to de-seed pomegranates is to break them open into a big bowl of water. A lot of the membrane floats to the top.

Winter Squash

Delicata & Leek Soup with Apple Croutons

Posted by Carole Koch

1 tart green apple
1/4 cup light brown sugar
2 1/2 pounds delicata squash, halved lengthwise, seeds removed
2 1/2 tablespoons unsalted butter
2 large leeks, white and tender green parts, chopped
1/2 teaspoon dried thyme
2 1/2 cups vegetable broth
3/4 teaspoon salt
1/2 teaspoon freshly ground pepper
sour cream, for garnish

Make apple croutons: Peel and core apple; halve lengthwise. Using a mandolin or very sharp knife, cut into very thin slices. Line a baking sheet with parchment paper and spread apple slices on top in one layer. Sprinkle with brown sugar. Bake 20 minutes at 350 degrees F. until crisp. Transfer to cooling racks and let cool completely.

Make the soup: Place squash, cut side down, on a baking sheet; bake at 350 degrees F. until tender, about 40 minutes. Let cool slightly; gently scrape flesh away from skins. Set aside.

Melt butter in a saucepan over low heat. Add leeks and thyme and stir occasionally until soft and brown, 10 to 15 minutes. Stir in stock and squash and simmer over medium heat for 20 minutes. Puree the soup until smooth. Season with salt and pepper. To serve, ladle hot soup into individual bowls and then top with sour cream and apple croutons.

Serves 4.

Delicata Squash w/Kale and Cranberries

6 cups kale, stemmed and torn into bite-sized pieces
4 delicata squash
2 tbsp. extra virgin olive oil
1/4 tspn. dried sage
1/4 tspn. ground allspice
1/2 tspn. sea salt
1/4 tspn. red pepper flakes
1/4 cup dried cranberries

Preheat oven to 425 deg. Cover kale with cold water and set aside. Pell squash, cut in half, lengthwise, scoop out core and seeds, cut into 1/2" pieces. Toss with 1 tbsp. extra virgin olive oil, sage allspice and 1/4 tspn. salt. Spread squash in a single layer on baking sheet. Roast for 15 min., until tender. While squash roasts, heat a sauté pan over medium heat, add oil, red pepper and cranberries. Stir for 10 seconds, add kale and 1/4 tspn. salt, sauté until tender. Stir in roasted squash and serve.

Serves 4.

Turnips

Turnips Braised with Mustard and Lemon

Posted by Chris Buss

1 lb small white turnips
1 tablespoon butter
1 teaspoon mustard powder (dry mustard)
2/3 cup stock
2 tablespoons chopped parsley
juice of 1/2 lemon

Heat the oven to 350°. Scrub the turnips and cut them into thin crosswise slices about 3 mm (1/8 in) thick.

Melt the butter in a flameproof casserole or dutch oven on a low heat. Stir in the turnips, cover them and let them sweat for 10 minutes. Sprinkle in the mustard, fold it into the turnips and let everything cook gently for 1 minute.

Pour in the stock and bring it to the boil. Add the parsley and lemon juice. Cover the pan and put it into the oven for 45 minutes.

Fresh Vegetable Soup

Posted by Carole Koch

Use your turnips in this fast and easy soup!

4 cups fat-free chicken broth

2 small turnips, diced

2 stalks celery, sliced

1 medium onion, chopped

¼ cup fresh parsley, chopped

2 medium carrots, thinly sliced

2 cups canned diced tomatoes

1 whole bay leaf

½ teaspoon dried oregano, to taste

Pinch of salt and pepper

Place all ingredients in a large saucepan. Bring to a boil. Cover, reduce heat and simmer 20 minutes until vegetables are tender. Skim off any froth that accumulates. Remove bay leaf before serving.

Serves 4.

Oven-Braised Turnips with Garlic

Posted by Carole Koch

2 1/4 pound turnips, trimmed, peeled, and cut into 1/2-inch wedges

2 tablespoons oil

1 1/2 heads garlic, separated into cloves, smashed and peeled

2 1/3 whole bay leaves, broken in half

1 1/2 cups rich beef stock

1/4 teaspoon each: dried thyme, rubbed sage, and dried oregano

3/4 teaspoon kosher salt, or to taste

Freshly ground black pepper to taste

Preheat oven to 500 degrees F. Place turnips in a 12 x 17 1/2 x 2-inch roasting pan and toss with the oil. Spread out in a single layer. Roast for 15 minutes. Flip the turnips over and rotate the pan. Add the garlic. Roast for 5 minutes. Flip the turnips and garlic over and rotate the pan again. Tuck the bay leaves under the turnips. Add the stock and herbs. Roast for 10 minutes. Flip the turnips and garlic over and rotate the pan once more. Roast for 10 more minutes. The liquid will be mostly absorbed. Remove bay leaves. Season with salt and pepper to taste.

Makes 3 3/4 cups.

Potato, Turnip & Kale Sauté

Posted by Carole Koch

1 pound potatoes, scrubbed

1 pound turnips, peeled

1 pound kale, stems removed

4 tablespoons butter

2 tablespoons minced shallots

1 teaspoon minced garlic

2 tablespoons olive oil

1 teaspoon stone-ground mustard
2 tablespoons sour cream
2 tablespoons lemon juice
salt and pepper, to taste

Boil potatoes in lightly salted water until just tender when pierced with a knife. Drain and set aside. Cut large potatoes in halves or quarters; leave small ones whole.

Boil turnips in lightly salted water until tender when pierced with a knife. Drain and set aside. Cut large turnips in halves or quarters; leave small ones whole.

Blanch kale in lightly salted water, cooking just until tender, 5 to 7 minutes. Drain and plunge into ice water to stop the cooking. Drain again and then chop leaves coarsely.

In a small skillet over moderately low heat, melt 2 tablespoons butter. Add shallots and garlic and sauté until fragrant, 2 to 3 minutes. Set mixture aside.

In a large skillet warm remaining butter and olive oil over moderately high heat. Add softened shallot-garlic mixture and sauté quickly to reheat. Add potatoes and turnips and sauté quickly to heat through. Add kale leaves and cook 20 seconds. Stir in mustard and sour cream. Add lemon juice and season to taste.