

**TASTY
KALE
RECIPES
TO TRY
AT HOME**

**From the West Tisbury School Garden Tasting
Project**

KALE WITH RAISINS AND TOASTED PINE NUTS

Serves 2 to 3

3/4 pound kale, washed
4 to 6 cups water
1 tablespoon extra virgin olive oil
2 cloves garlic, minced
1/3 cup raisins
1/4 cup pine nuts
salt to taste

1. Strip the kale leaf off the stem. Discard stem and roughly chop kale. Add the water to a 10- or 12-inch skillet that has a tight-fitting lid. Bring to a boil and add the kale. Cover and cook over high heat, stirring occasionally until tender, approximately 6 to 8 minutes. Remove to a colander.

2. Rinse out the skillet and dry it. Heat the olive oil over medium heat, lifting and tilting the pan to coat. Add garlic and raisins and sauté for 1 to 2 minutes, stirring often to prevent garlic from burning. Raisins should be glossy and slightly puffed.

3. Add greens and stir to combine. Season with salt to taste and cover for a minute until greens are heated through. Serve hot, garnished with pine nuts.

@ Recipe by Catherine Walthers from Greens Glorious Greens

CRISPY KALE

SERVES 10 to 12 AS A SNACK

Who knew that kale could make a tasty snack? West Tisbury resident Joan Ames's recipe for crispy kale has been a hit everywhere it's served.

1 bunch of kale, washed and dried in salad spinner
Olive oil
Salt

1. Preheat oven to 325 degrees.
2. Tear bite-sized pieces of kale off stalks and place in a large mixing bowl. Drizzle olive oil over leaves and knead oil in with hands. Place leaves on an un-oiled cookie sheet, one layer only, and sprinkle with salt. Bake for 10 - 15 minutes, or until crunchy and crispy, but not browned. Stir once or twice while cooking.
3. The crispy kale is best served immediately.

KALE AND CHEESE QUESADILLAS

Makes 30 wedges

Serve as is, or top with guacamole and/or your favorite salsa. To vary, add smoked salmon, black beans or shredded cooked chicken along with the kale.

1/2 bunch kale, rinsed
1 cup shredded cheese (pepperjack or cheddar)
1/4 cup chopped scallions
1 teaspoon ground cumin
1 teaspoon ground chili pepper
1 package flour tortillas
Canola or vegetable oil

1. Remove kale from the stems and chop into bite-sized pieces. Bring a saucepan with 3 to 4 cups of water to a boil. Add kale and cook for 6 to 8 minutes. Drain in a strainer, shake several times to help cool.

2. In a large bowl, combine the cheese, scallions, cumin, and chili pepper.

2. Heat skillet on medium heat. Add a small amount of canola or olive oil. Place a tortilla in the skillet. Put about 1/2 cup mixture in middle, place some of the kale on top. Place another tortilla on top. When tortilla is lightly browned, flip over. Quesadilla is done when cheese is melted.

3. Cut into wedges and serve.

@ Recipe by Catherine Walthers