

HARVEST of the MONTH at home

Sesame Kale Salad



INGREDIENTS

- 1 bunch local kale
- 2 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. sesame seeds
- 1 clove garlic, minced
- 2 tsp. honey
- 1 tbsp. apple cider vinegar
- Dash of pepper

DIRECTIONS

1. Place sesame seeds over medium heat in a dry pan and stir until lightly browned and fragrant. Set aside.
2. Separate kale leaves from stems. Chop up leaves. Steam greens until tender.
3. Drain and cool. Squeeze out as much water as possible. Place in serving bowl.
4. Mix the remaining ingredients in another bowl. Add to greens. Mix, chill (optional), and serve.

Source: Growing Minds

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Chorizo Penne with Greens



INGREDIENTS

- ½ cup bulgur, uncooked
- 1 cup water
- ¾ cup cucumber, fresh, peeled, ¼" diced
- ¾ cup tomatoes, fresh, ¼" diced
- 2 TB Italian parsley, fresh, chopped
- 2 TB mint leaves, fresh, chopped
- 2 TB scallion fresh, chopped
- 1 clove garlic, fresh, minced
- 1 TB olive oil, extra virgin
- 2 TB lemon juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper, ground

DIRECTIONS

1. In a small stockpot, bring water to a boil.
2. Add bulgur; cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered, and let stand for 20 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.
3. In a medium bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
4. Prepare dressing: In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
5. Combine dressing with the other ingredients; mix well.
6. Refrigerate; let chill for at least 2 hours before serving to allow the flavors to come together.

Source: Institute of Child Nutrition

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Green Monstah Pizza



INGREDIENTS

- 1 frozen cheese pizza
- 4 cups kale, chopped
- 1 tsp. salt
- 1/2 cup grated Parmesan cheese
- 1 clove garlic
- 2 Tbsp. pine nuts, roasted briefly
- 2 Tbsp. olive oil
- 4 cups baby spinach
- 2 cloves garlic, chopped
- 2 Tbsp. olive oil
- 1/2 zucchini, medium, diced
- 1/4 cup red onion, sliced thin
- 1/3 cup feta cheese, crumbled

DIRECTIONS

1. Preheat oven to 450°. Make kale pesto by placing a saucepan on a burner and bringing water to a boil. Add 1 tsp. of salt. Cook kale for 10 seconds until bright green.
2. Place in a small metal bowl and add some cold water with ice. Squeeze the water out of it and place in a food processor or blender. Add the cheese, garlic, pinenuts and olive oil and process to a smooth paste.
3. Place pizza on a cookie sheet and spread with the pesto. Sauté 1 clove of the chopped garlic with 1 TB oil in a sauté pan, 30 seconds. Cook spinach until wilted.
4. Next, heat 1 TB oil in a pan. Add garlic, cook 30 seconds, add the chopped zucchini and gently sauté until it begins to soften.
5. Top the pizza with the sautéed spinach and zucchini, the red onion and the crumbled feta cheese. Bake for 10 minutes or until hot.

Source: Project Bread

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Kale Frittata



INGREDIENTS

- 2-3 cups pre-cooked kale
- 7 eggs
- ½ cup milk
- 3 TB Parmesan cheese
- 1 big pinch of each: dried sage, oregano, thyme, basil (or a small handful each of any fresh herbs you have: sage, oregano, thyme, basil, chives)
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ cup grated mozzarella or cheddar

DIRECTIONS

1. Preheat oven to 375. Lightly oil a 9x13 inch pan.
2. Spread veggies in pan.
3. Beat remaining ingredients (except cheese) with eggs and pour over veggies.
4. Top with grated cheeses.
5. Bake until golden brown on top.
6. Serve with avocado or tomato slices.

Source: LifeLab