

Kale Dip

(from foodhero.org)

Ingredients:

1 ½ tsp oil
1 clove garlic, minced (or ¼ tsp garlic powder)
3 cups kale, thinly sliced (use a variety!)
1/8 tsp salt
1 cup low-fat cottage cheese or ricotta cheese
½ tsp red pepper flakes or ¼ tsp cayenne pepper
1 tablespoon lemon juice

Directions:

- Heat oil in a skillet over medium heat. Add garlic and kale, and season with salt. Cook, uncovered, stirring occasionally until tender (about 3-4 minutes). Let cool.
- Transfer kale to a food processor or blender. Add cottage cheese (or ricotta cheese) and puree until smooth.
- Season with pepper and lemon juice.

Mashed Turnips and Potatoes

(from foodhero.org)

Ingredients:

½ pound turnips (about 1 medium sized), peeled and diced
1 pound potatoes, peeled and cubed
¼ cup light sour cream or buttermilk
½ tsp salt
¼ tsp pepper
½ tsp garlic powder

Directions:

- Boil turnips and potatoes in enough water to cover until tender, 15-20 minutes.
- Drain vegetables and mash (or process in a food processor or blender).
- Stir in sour cream, salt, pepper and garlic powder. Serve hot.

Delicata Smiles

Ingredients:

1 medium delicata squash
2 tsp olive oil
1 tsp cinnamon
½ tsp cardamom
½ tsp sugar

Directions:

- Preheat oven to 375°.
- Cut delicata squash lengthwise. Scoop out seeds. Slice each half into 1/4 inch slices and place in a medium-size bowl.
- Add the olive oil and toss to coat.
- Line a baking sheet with parchment paper. Spread out squash slices/smiles on the parchment paper.
- Mix the cinnamon, cardamom and sugar together. Sprinkle over squash. Bake for 20-25 minutes until soft and lightly browned.

Sautéed Kale with Dried Fruit

Ingredients:

1 TBSP olive oil
1 bunch kale, stems removed and roughly chopped
¼ cup dried fruit (cranberries, golden raisins or dried mango – chopped fine)
Salt & Pepper to taste

Directions:

- Heat oil until it glistens/shimmers over medium high heat.
- Add chopped kale and toss with the oil. Bruise the leaves a bit to soften them up and absorb the flavors. Turn heat to medium and saute kale until it just begins to wilt. Add dried fruit and toss.
- Remove from heat and cover a few minutes for the dry fruit to plump up a bit. Toss again and serve.