

Kale Dip



Ingredients

- 1 ½ teaspoons vegetable oil
- 3 cups thinly sliced or chopped kale
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- ½ teaspoon salt
- 1 cup cottage cheese
- ½ teaspoon red pepper flakes or ¼ teaspoon cayenne pepper
- 1 Tablespoon lemon juice

Instructions

1. Heat oil in a large pan over medium heat.
2. Add kale, garlic and salt. Stir and cook until the kale is tender, about 3 to 4 minutes.
3. Turn off the heat and let the kale cool.
4. Transfer kale to a bowl. Add cottage cheese and mash with a masher or fork until smooth.
5. Season with red pepper flakes and lemon juice. Serve right away or chill before serving.
6. Refrigerate leftovers within 2 hours.

Tip

- Instead of mashing with a fork, you can use a blender!

Adapted from foodhero.org

Frozen Yogurt Bark



Ingredients

- 1 1/2 cups plain Greek yogurt
- 2 tablespoons honey
- 1/2 cup pears, chopped
- 2 tablespoons chopped unsalted almonds, optional

Instructions

1. In a medium bowl, whisk together the yogurt and honey until combined.
2. Line a baking dish or sheet pan with parchment paper.
3. Using a spatula or knife, spread the yogurt mixture over the paper as thinly as possible.
4. Sprinkle the almonds over the yogurt mixture if using.
5. Using your fingertips, gently press the almonds into the yogurt mixture.
6. Sprinkle the chopped pears. Using your fingertips, gently press the fruit into the yogurt mixture.
7. Cover the dish with plastic wrap or aluminum foil. Freeze overnight.
8. At serving time, remove from the freezer. Gently lift the parchment paper from the dish and transfer to a cutting board.
9. Using your hands, break the bark into pieces. It's best to eat the bark immediately.
10. It begins to melt 15 minutes after being removed from the freezer.

Tip

- Try adding some chopped melon like cantaloupe for some more sweetness!

Adapted from recipes.heart.org

How to Cut a Cantaloupe

How do you stabilize a melon so that it doesn't roll right off your cutting board? And once you've cut into it, what are you supposed to do? With a few tips, you'll become a pro!



1

Use a large knife to cut off the top and bottom. This will give you a flat surface for safe cutting!



2

Stand the cantaloupe up and slice off the rind working from the top to the bottom.



3

Cut the peeled cantaloupe in half.



4

Using a spoon, scrape out the seeds and membranes.



5

Lay the cantaloupe back down flat and make long slices.



6

You can stop here or continue to make smaller cuts as wanted!

Kale and Sweet Potato Mac & Cheese



Ingredients

- 2 Tablespoon oil
- 2 medium sweet potatoes, cooked and mashed (about 2 cups)
- 1 box of short cut pasta of your choice (elbow, rotini, penne)
- 2 cups kale, chopped and stems removed
- 1 teaspoon paprika
- $\frac{3}{4}$ teaspoon salt
- 2 cloves of garlic minced, or $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon black pepper
- 1 tablespoon italian seasoning
- 3 eggs
- $\frac{1}{4}$ cup low fat milk
- 1 $\frac{1}{4}$ cups shredded mozzarella or cheese of your choice

Instructions

1. Preheat oven to 375F
2. Spray or coat the inside of a casserole dish or baking dish with oil
3. Cook pasta with package instructions
4. While the pasta is cooking, heat the kale in a pan with paprika, salt, garlic, pepper, and italian seasoning
5. Cook for 3 minutes until slightly wilted
6. Drain the pasta and let it cool for 5 minutes
7. Add pasta, mashed sweet potatoes and kale to a medium bowl and mix together
8. In a separate bowl, whisk together eggs, milk and cheese
9. Add to the sweet potato mixture
10. Mix well and pour into casserole/baking dish
11. Bake for 30-35 minutes
12. Allow to cool for 10 minutes and serve

Adapted from ncsweetpotatoes.com