

Kale, Lentil and Sausage Soup

- Barbara Linder

- 2 teaspoons extra-virgin olive oil
- 8 ounces sweet Italian sausage, casings removed
- 2 celery stalks thinly sliced
- 1 shallot
- 1 glove garlic, minced
- 1/2 cup dried lentils
- 6 cups low-sodium chicken stock plus ½ cup water
- 1 bunch (about 1/2 pound) kale, stems removed, torn into bite-size pieces
- Coarse salt and ground pepper
- 2 teaspoons balsamic vinegar
- 2 sprigs fresh thyme

In a large Dutch oven or heavy pot, heat oil over medium-high. Add sausage and cook, breaking up meat with a wooden spoon, until golden brown, about 5 minutes. Add celery and onion and cook until softened, about 5 minutes. Add lentils, broth, and 1/2 cup water and bring to a boil. Reduce to a rapid simmer, partially cover, and cook until lentils and vegetables are tender, 25 minutes.

Add kale and season with salt. Return soup to a rapid simmer, cover, and cook until kale wilts, about 5 minutes. Remove soup from heat, stir in vinegar, and season with salt and pepper.

Kale Salad with Balsamic, Walnuts and Goat cheese salad

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- 1/2 cup dried sweetened cranberries
- 1/2 cup chopped walnuts
- ½ pound fresh kale

- 1/4 cup balsamic vinegar
- 3 Tbsp extra virgin olive oil
- 1 Tbsp honey
- salt and pepper to taste
- 4 oz local chevre goat cheese

Heat a small skillet on medium high heat. Spread the walnuts in an even layer on the bottom of the pan, cook, stirring occasionally, until lightly browned. Remove and allow to cool. Be careful, as nuts will burn easily.

Remove the ribs from each leaf of the kale. Roll each piece and slice in to ¼ inch slices.

In a smaller bowl, whisk together the balsamic vinegar, olive oil, honey, salt, and pepper. Before serving, toss the kale together with the toasted walnuts, the dried cranberries, and the dressing, allowing the kale to marinate. Just before serving, top with the goat cheese.

Kale 'Khops'

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- 1 bunch (1/2 pound) kale
- 1 T olive oil
- 1 t salt

Preheat an oven to 350. Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner or paper towels.

Drizzle kale with olive oil and sprinkle with salt. Arrange leaves on paper, making sure none of the pieces overlap (this will cause steaming rather than crisping).

Bake until the edges brown but are not burnt, 10 to 15 minutes.