



**THE  
KALE  
COMMUNITY  
COOKBOOK**

VOL. 1:  
**KALE RECIPES**

COMPILED BY KALE UNIVERSITY

# SOUR CREAM N'ONION KALE CHIPS

## Description:

These satisfying kale chips are both creamy and crunchy. They are great for those who aren't used to raw foods, and pack a lot of nutrition thanks to the spirulina powder and kale. The cashews provide added minerals as well as calories for the calorie-burning breastfeeding mama!

Joanna Steven

*The Milky Way*

 [The Milky Way](#)

## Ingredients:

1 bunch kale, about 4 ounces, de-ribbed and torn into medium size pieces  
1 cup cashews, soaked 2 hours  
1/2 tsp. salt  
1/2 tsp. onion powder  
1/4 tsp. garlic powder  
1/2 tsp. spirulina

## Directions:

1. Blend everything but the kale until smooth. Pour the dressing into a bowl, add the kale, and massage together until all the kale is coated.
2. Spread over 2 dehydrator trays (you will need to give each tray the space of two trays in the dehydrator since the kale pieces are likely to be high).
3. Dehydrate at 110 degrees until dry, about 8 hours or overnight.

# WINTER HOLIDAYS KALE SALAD

## Ingredients:

3 ounces curly kale  
1/4 tsp. Celtic sea salt, or to taste  
1 Tbsp. olive oil  
1/3 cup dried cranberries  
1/3 cup raw pistachios, chopped  
1-2 Tbsp. goji berries, soaked if desired for a few minutes  
1 Tbsp. agave nectar or raw honey  
1 Tbsp. lemon juice  
Freshly ground pepper, to taste

Joanna Steven

*The Milky Way*

 [The Milky Way](#)

## Directions:

1. Wash the kale, and remove the tough middle rib. Chop the leaves roughly, and set in a bowl.
2. Drizzle the olive oil on the kale, and sprinkle with Celtic sea salt. With your hands, massage the kale until it turns bright green and shiny, and starts to wilt.
3. In a small bowl, whisk the lemon juice and agave/honey until combined, and drizzle on the kale.
4. Add the cranberries, goji berries and pistachios, and toss well until the kale leaves are coated and the berries and pistachios are well distributed.
5. Arrange in a serving dish, and either serve immediately, or leave to marinate in the fridge until you are ready to eat.

# KALE & DELICATA RISOTTO



## Ingredients:

- 2 cups of risotto
- 2 cups of dry white wine
- 4 cups of vegetable stock
- 1 Delicata squash, baked and then cubed
- 1/2 bunch of kale, thoroughly washed and chopped
- 2 cloves of garlic, thinly sliced
- 1 shallot, diced
- 3 Tbsp Olive oil
- 1 Tbsp Truffle oil (optional)
- Mushrooms (amount is your preference), cut in fours
- Salt and pepper, to taste

## Directions:

1. Wash and cut the Delicata in half. Fill a baking pan with 1-2 inches of water and place the squash face-down. Bake in the oven for around 60 minutes at 350 F/180 C.
2. Sauté the shallot and then garlic in olive oil in a large pan.
3. Once translucent, add the mushrooms and sauté on low-heat. At this point add a dusting of salt and pepper and the truffle oil.
4. Once the mushrooms are halfway cooked, add the risotto and stir to lightly fry the rice.
5. Add the white wine and let simmer for 10 – 15 minutes, stirring occasionally.
6. Add the kale and 1 cup of stock. Continue stirring.
7. As the risotto absorbs the water, keep adding more stock to thicken. I let the risotto cook for around 15 minutes and would try to see if the rice was cooked enough.
8. Once the rice is finished, place into bowls or plates and add the cubed squash on top.

Kristen Beddard

*The Kale Project, Paris*

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# KALE CHRISTMAS SALAD



## Ingredients:

- 1 bunch of kale (preferably the Cavalo Nero/Tuscan/Lacinato variety)
- 1 medium-sized red beet, raw peeled and shredded
- ¼ hazelnuts, crushed in a sealable plastic bag
- ¼ cup cranberries (or raisins if you want a less tart fruit)

### Dressing:

- 1 shallot, diced
- ½ cup olive oil
- ¼ cup sherry vinegar
- ¼ cup red wine vinegar
- Splash of apple cider vinegar
- Salt & pepper to taste

## Directions:

1. Thoroughly wash and de-stem each leaf of kale. Here is a how-to on de-stemming.
2. Combine dressing ingredients together into a jar and shake. Let the dressing sit while you cut the kale so the shallots absorb the vinegar flavors.
3. Chiffonade the kale and place aside in a large bowl.
4. Add dressing to the kale and massage the kale for 1-2 minutes. Let kale sit at room temperature.
5. Peel and shred the beet.
6. Place nuts in a sealable plastic bag and crush until each nut is broken into different sized pieces.
7. When ready to serve, add the beets, cranberries, and hazelnuts.

**Kristen Beddard**  
*The Kale Project, Paris*

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# KALE U's KALE, ARUGULA, SPINACH CHIPS



## Ingredients:

- 3- cups of baby or adult kale leaves (cleaned and tightly packed in a measuring cup)  
(adult leaves should be separated from the stems and torn in medium pieces)
- 2- cups of spinach (cleaned and tightly packed)
- 1- cup of arugula (cleaned and tightly packed)
- ¼ cup of water
- 3 to 4 Tsp. of fresh lemon juice (depends on how lemony you want it)
- ¼ cup of raisins
- 1- fresh chili pepper (seeded) or 1 tsp. of chili powder
- ½ red bell pepper (chopped)
- ½ tsp. fine Himalayan crystal salt
- ½ cup of sprouted or soaked sunflower seeds

Ken Dorr

*Kale University*

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## Directions:

1. Blend all the ingredients above in a high speed blender till very smooth. You want a thick cream.
2. Place all the leaves into a large bowl and pour the blended mixture over the leaves and with your hands begin massaging and evenly coating all the leaves. You may want to wear gloves depending on how hot the chili pepper is.
3. Spread the leaves evenly onto 4 non-stick dehydrator sheets and dry at 105 degrees F for 6-8 hours. Remove them from the sheets and place them directly on the drying grid racks for an additional 6 to 8 hours. It's always good to check them along the way to get the right crispness for you. The longer they dry the more crispy they get. YUMMMMMMMMMM.....
4. They will last over a week in a sealed glass container, if they ever make it that long. In our house they are all gone in 4 or 5 days.

# LATE SUMMER KALE SALAD

## Ingredients:

3 c. lacinato (dino) kale, chiffonade (long, thin, ribbon-like strips)  
1 c. cabbage, chiffonade  
3T. red onion, finely diced  
1/2 red bell pepper, diced  
2 ears fresh corn  
1/4 c. fresh basil, chiffonade  
3 T. Extra Virgin Olive Oil or other cold-pressed oil  
1 T. Fresh lemon juice  
1 tsp. pizza seasoning (I like the Frontier brand)  
Your choice of flavor enhancer (i.e. sea salt, nama shoyu, celery salt, etc.), to taste

Chef Kelly Serbonich

*The Raw Food Institute*

 [therawfoodinstitute.com](http://therawfoodinstitute.com)

Yield: 3-5 servings

## Directions:

1. In a mixing bowl, combine all ingredients and mix well. Massage the kale gently to expedite marination. Season to taste.
2. Note: I love adding a handful of dulse to this recipe. Avocado can also be substituted for the oil and mashed in. A small handful of chopped olives is also quite tasty! Consume at room temperature for the best flavor.

# KALE AND PINK GRAPEFRUIT SALAD



## Ingredients:

- 1 pink grapefruit
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 8 cups thinly sliced kale (center ribs and stems removed)
- 1 avocado, halved, pitted, sliced into 1/2-inch wedges

**Bon Appétit**

*The Bon Appétit Test Kitchen*

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[Maria del Mar Sacasa](#) / [Ennis, Inc.](#)

## Directions:

1. Using a sharp knife, cut peel and white pith from grapefruit; discard. Working over a small bowl, cut between membranes to release segments into bowl. Squeeze juice from membranes into another small bowl; add any accumulated juices from bowl with segments (there should be about 1/4 cup juice total). Whisk oil into juice and season to taste with salt and pepper.
2. Place kale in a large bowl and drizzle 3 Tbsp. dressing over. Toss to combine and let stand for 10 minutes while kale wilts slightly. Toss once more, then arrange grapefruit segments and avocado slices over kale. Drizzle with remaining dressing and serve.

# WHEAT BERRIES WITH CHARRED ONIONS & KALE



## Ingredients:

- 1 1/2 cups wheat berries
- 2 medium onions, halved, divided
- 5 sprigs thyme
- 1 tablespoon kosher salt plus more
- 8 tablespoons olive oil, divided
- Freshly ground black pepper
- 1 bunch kale, stemmed, leaves torn into 2-inch pieces (about 8 packed cups)
- 1 tablespoon fresh lemon juice

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*Oliver Strand*

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## Directions:

1. Combine wheat berries, 1 onion half, thyme sprigs, and 1 Tbsp. salt in a large saucepan; add water to cover by 2 inches. Bring to a boil; reduce heat to medium and simmer until wheat berries are just tender but still firm to the bite, about 35 minutes. Drain; discard onion and thyme. Place wheat berries in a large bowl; let cool.
2. Cut remaining 3 onion halves crosswise into 1/2-inch slices. Heat 1 Tbsp. oil in a large cast-iron or other heavy skillet over medium-high heat; add onions. Season lightly with salt and pepper. Cook, stirring occasionally, until onions are charred in spots, about 5 minutes. Transfer to bowl with wheat berries. Add 1 Tbsp. oil to same skillet. Working in 3 batches, add kale and cook, tossing occasionally, sprinkling with salt and pepper, and adding oil as needed between batches, until charred in spots, about 1 minute per batch. Add to bowl. Drizzle with lemon juice and any remaining oil; toss to coat. Season to taste with salt and pepper.

# KALE MUSHROOM SALAD WITH WALNUT CRUMBLE AND AVOCADO



## Ingredients:

4-6 cups kale, chopped  
6 shiitake mushrooms, thinly sliced  
6 crimini mushrooms, sliced  
1 raw shallot, sliced  
1 tablespoon olive oil  
1 Tbsp sesame oil  
2 Tbsp rice vinegar  
1 Tbsp tamari  
2 tsp raw agave nectar or honey  
1/4 tsp red pepper flakes  
1 tsp thyme  
1 garlic  
2 tablespoons sesame seeds, toasted  
1 cup walnuts  
1/4 cup nutritional yeast  
1/4 tsp sea salt  
1 clove garlic  
1 tsp thyme  
2 Tbsp water  
1 avocado, sliced

## Directions:

1. In a large bowl, combine kale, mushrooms, and shallot. In a small bowl, whisk together olive oil, sesame oil, rice vinegar, tamari, agave nectar, red pepper flakes, thyme, garlic, and sesame seeds. Pour dressing over kale mixture and toss to combine. Set aside.
2. For the walnuts, combine walnuts, nutritional yeast, sea salt, garlic and thyme in a food processor and process until finely chopped. Add a couple Tbsp of water and pulse until it holds together in clumps.
3. To assemble, place kale on a large plate, top with avocados and walnuts and serve!

Amy Lyons  
*Fragrant Vanilla Cake*

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 [Fragrant Vanilla Cake](https://www.facebook.com/fragrantvanillacake)  
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Serves 2-4

# SPICY KALE SALAD/ KALE CHIPS



## Ingredients:

- 1 bundle kale (usually 12-15 leaves)
- 6 Tbsp olive oil ~ cold pressed organic
- 2 Tbsp nutritional yeast
- 1 ½ Tbsp chili powder
- 1 ½ Tbsp nama shoyu
- 2 Scoops raw organic Pea Protein~ original (optional)

## Directions:

1. Simply wash kale, ripe leaves from stem and tear into small-ish pieces. Top kale with the remaining ingredients. Wash hands and remove rings. Massage kale firmly with both hands.
2. I find this to be quite delightful. It's a chance to interact with the powerful nutrients that recreate us. The loving energy we transmit to the food actually affects the food. Especially raw foods because they have a high water content, and water has been proven to have memory, hold energies.
3. For Kale chips: Simply place kale prepared with the above instructions, on a dehydrator tray with regular mesh sheet. Dehydrate on 105 for about 12 hours. Delish! Kale chips will store for a couple of weeks, but mine always get eaten right away:)

**Blythe Metz**  
*Blythe Raw Live*

 [blytheraw.com](http://blytheraw.com)  
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 @BlytheRaw

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Prep Time: 7 min.

Yield: 2 dinner salads or 4 side salads

# THE SHE-WOMAN'S KALE SMOOTHIE



## Ingredients:

- 1 cup spring water or organic raw coconut water  
(thawed, if purchased frozen)
- 1-2 small to medium organic ripe bananas
- 1/2 cup organic fresh or frozen peaches
- 1 juicy organic navel orange
- several leaves organic kale (any kind is great!)

Bethanne Wanamaker

*Holistic Nutrition and  
Conscious Lifestyle Educator*

 [www.EdibleGoddess.com](http://www.EdibleGoddess.com)

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Co-Author, Superfood Beauty Elixirs

## Directions:

1. Blend in a high-speed blender. Taste test and adjust amounts if needed. Add a couple tablespoons of fresh, local bee pollen on top, or mixed in, if you desire extra B vitamins.
2. Pour into a glass mason jar and get your day started knowing you'll have all the energy you need as you joyfully drink this simple, yet nutrient-rich smoothie!

# VERY VEGAN SOUTHERN STYLE KALE

## Ingredients:

- 6 cups sliced Kale
- 1 cup diced Onion
- 1 cup sliced Mushrooms
- 3 minced cloves Garlic
- 2 teaspoon Garlic powder
- 1 teaspoon Onion powder
- 2 tablespoons Apple Cider vinegar
- 1 tablespoon of Liquid Aminos or Soy Sauce
- 1/2 teaspoon Red Pepper flakes
- 1/2 teaspoon liquid smoke
- 1 teaspoon brown sugar (optional)
- 2 tablespoons of oil, OR enough vegetable broth or water as needed for sauteing.

Barbara Thompson

*Founder, Choosing  
Compassion Over Cruelty*

**f** Choose Veganism

## Directions:

1. To prepare Kale, fold kale leaves in half with the stem side out, and cut out the stem. Repeat for all of the Kale. Next, stack the Kale leaves and slice across the leaves in to make 1 inch strips. You will need about 6 cups. Wash the Kale thoroughly, using several rinses, until there is no sand or grit in the water.
2. In a steamer, steam Kale over boiling water until tender, about 10 minutes.
3. In a skillet, over medium heat, saute the onions, mushrooms and garlic in oil vegetable broth or water, for 5 minutes. Add Kale and additional broth or water if necessary. Add Garlic powder, Onion powder, Apple Cider vinegar, Liquid Aminos or Soy Sauce, Red Pepper flakes, liquid smoke and optional brown sugar. Continue cooking to allow the flavors to blend, stirring occasionally, cook for about five minutes more. It is ready to serve.

# SALTED/CHEESY KALE CHIPS



## Ingredients:

### Option one – Salted Kale

- 2 large bunches of kale
- 2 Tbs of olive oil
- 2 tsb salt

### Option 2 – Cheesy Kale

- 2 large bunches of kale
- 1 cup of cashews
- ¼ cup of nutritional yeast
- 2 Tbs of olive oil
- 1 tsp of salt
- Tsp paprika (optional)

## Directions:

### Option one – Salted Kale

1. Tear the kale into bite-size pieces (remember the kale will shrink once dehydrated)
2. Massage the oil and salt into the kale
3. Place the kale on a paraflex sheet and place in the dehydrator on 105 degrees for about 7 hours – until crispy

### Option 2 – Cheesy Kale

1. Tear the kale into bite-size pieces (remember the kale will shrink once dehydrated)
2. Place the cashews, nutritional yeast, olive oil, salt and paprika into the blender and blend until smooth
3. Pour the mixture onto the kale
4. Massage until the kale is well coated
5. Place the kale on a paraflex sheet and place in the dehydrator on 105 degrees for about 7 hours – until crispy

Rebecca Kane

*ShineOnRaw.com*

 [shineonraw.com](http://shineonraw.com)

 Shine on Raw

 @ShineonRaw

# YUMMY AVOCADO KALE SALAD



## Ingredients:

- bunch of kale (organic)
- 1/2 avocado (organic)
- 1 clove of garlic (organic)
- some chopped up red onion (organic)
- a little bit of cut up ginger
- your favorite salad veggies – I used organic tomatoes and cucumbers
- pinch of sea salt, black pepper and herbs

Kelly Bennett  
*Vegan Consultant*

 [VeganConsultant.com](http://VeganConsultant.com)

 Vegan Consultant

 @VeganConsultant

## Directions:

1. break the kale in small bit size pieaces
2. massage in avocado (work it good!)
3. add in veggies, onions, garlic, ginger and herbs
4. mix it all together
5. eat it all up!

# HAND MASSAGED FIRE KALE

## Ingredients:

2 bunches kale  
1-2 avocados  
1/2 cup pumpkin seeds  
2 med tomatoes, chopped  
2 tbl hemp seeds  
1 jalapeno, chopped (optional)  
1/2 tsp cayenne  
1 tsp tumeric  
2 pinches sea salt  
1/2 tsp black pepper  
2 tbl apple cider vinegar  
1 tbl olive oil

**Philip McCluskey**  
*Author, Motivational Speaker*

 [philipmccluskey.com](http://philipmccluskey.com)

 Philip McCluskey

 @PhilipMcCluskey

## Directions:

1. Add all ingredients to a bowl except the tomatoes and hemp seeds.
2. Hand massage and mix all ingredients together for a few minutes. Really squeeze and break down the kale, squishing in the avocado, olive oil, and apple cider vinegar. This will help soften the kale a bit.
3. When done hand massaging, arrange in bowl and add your tomatoes and hemp seeds on top.
4. Enjoy!

# LEMON GREEN YUM KALE SALAD



## Description:

This recipe is incredible! I have never made a vegetable recipe that has had such an impact! It made a 60-year old vegan a kale lover and my friend's children even did the dishes to persuade me to make the recipe again! The recipe was affectionately named Lemon Green Yum Kale Salad by my friend's son who said it tasted like it had lemon in it.

Brandi Rollins

*Raw Foods on a Budget*

 [rawfoodsonabudget.com](http://rawfoodsonabudget.com)

 Raw Foods on a Budget

 @eastcoastrawveg

## Ingredients:

- 1 bunch lacinto kale
- sea salt to taste
- 2 tbsp apple cider vinegar
- 2 tsp garlic powder
- 1 tsp coriander, ground
- 1 tsp cumin, ground
- 3 tbsp nutritional yeast
- 5 tbsp hemp seeds
- 2 tbsp extra virgin olive oil

## Directions:

1. Layer the kale leaves on top of each other, roll them into a burrito, and cut them into thin, 1/4-inch slices.
2. Place the sliced kale into a salad bowl, and massage the salt and vinegar into the kale.
3. Add the remaining ingredients on to the kale except for the oil and mix well.
4. Add the oil to the kale and mix well. Enjoy!

# KALE-BEET-APPLE COMBO DELISH



## Ingredients:

- 1 bunch Kale, chopped in chiffonade slices
- 1 to 2 large beets, peeled and grated
- 1 apple, grated

### Lemon-Date Sauce:

- Juice of one large lemon
- 3 small soaked dates or 2 large soaked medjool dates

## Directions:

1. Slice and grate the Kale, beets and apple, and mix to combine.
2. Blend the juice of the lemon with the dates. Add some of the soak water to blend if necessary.
3. Pour lemon-date sauce over the mixed kale-beet-apple combo dish and combine.

Karen Ranzi

*Raw Food Fun for Families*

 [superhealthychildren.com](http://superhealthychildren.com)

 Creating Healthy Children

 @KarenRanzi

# EASY RANCH KALE CHIPS



## Description:

Based on the upcoming memoir by Tovah Terranova. “The Vegan with a Leather Purse” is a new blog dedicated to healing, learning and laughing about the journey. After being diagnosed with an incurable autoimmune disease, Rheumatoid Arthritis, at 25, Tovah set out to find some unconventional answers to her questions about health. The result has rendered her healthy, strong, and ready to take on the world. This is where she shares her insight and inspiration.

Tovah Terranova

*The Vegan with a Leather Purse*

[TovahTerranova](#)

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Inspired by [The Kurious Kale](#)

## Ingredients:

1 bunch of kale	1 C raw cashews, soaked in water for 1 hour to soften
1/8 C water	1/4 t dried dill
1 T apple cider vinegar	1/4 t sea salt
1 t dried chives	1/4 red onion, thinly sliced
1/2 t dried parsley	paprika and extra sea salt for pre-dehydration sprinkling
1/4 t garlic powder	

## Directions:

1. Blend the cashews, water and seasonings in a blender until smooth. Place mixture in the bottom of a large mixing bowl and add the sliced onions.
2. Wash the kale and remove the stems. Tear off chip-sized pieces of the kale and add to the bowl. Using your hands, massage the mixture onto the kale bites so that each piece is well coated.
3. Transfer the kale to 1-2 Teflex sheets and sprinkle with paprika and additional sea salt.
4. Dehydrate for 6-8 hours at 115\*.. if they last that long You can also make these on a cookie sheet and bake in the oven, on the lowest setting with the door slightly ajar.