

## DIRECTIONS

1. In 12-inch skillet, cook bacon on medium 8 to 10 minutes or until bacon is crisp and fat has rendered, stirring occasionally. With slotted spoon, transfer to plate.
2. To skillet, add oil and shallot. Cook 2 minutes or until shallot has softened. Add tomatoes and 1/2 teaspoon salt. Cook 5 minutes or until tomatoes have softened, stirring occasionally.
3. Transfer contents of skillet to blender. Add vinegar and mustard; puree until smooth.
4. Toss kale, corn, bacon and edamame with enough dressing to coat; let stand 15 minutes. Serve with remaining dressing on the side.



Salads ~ Drizzle with olive oil and gently massage the kale leaves to bring out the sweetness. Ribs can be removed from larger leaves.

*~ thanks Heather Hamlin Gravells for the tip*



Like spinach ~ in lasagna, soups or stews

Thanks for your support of the Sorrento Centre Farm  
~ Farmer Gwen



# Fresh from the Farm

## What to do with... Kale

### Easy Skillet Kale with Lemon & Garlic

Since kale is so fibrous, it can be difficult to cook down the leaves so that they're tender and not chewy. Some recipes have you add water or broth to the skillet while you sauté the leaves, but it's not actually necessary. Instead, after you've washed the leaves, leave them damp. The water that clings to the leaves will create steam when you toss them in the hot skillet. As the kale cooks, you'll cover the skillet for a few minutes; that steam will help wilt and break down the kale perfectly.

#### INGREDIENTS

- 2 large bunches (abt 1 1/2 pds) kale, any variety
- 2 tablespoons olive oil
- 3 cloves garlic, thinly sliced
- Pinch red pepper flakes (optional)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- Juice of 1 small lemon

#### INSTRUCTIONS

1. Use your hands to pull the kale leaves from their stems. Coarsely chop the leaves. Rinse them, but do not dry.
2. Heat the oil in large, wide, high-sided sauté pan over medium heat until shimmering. Add the garlic and red pepper flakes, if using, and cook, stirring, until fragrant, about 1 minute (do not let the garlic brown).
3. Add the kale a few handfuls at a time, stirring after each addition so that it starts to wilt, until all of the kale is added. Stir in the salt and pepper. Cover and cook, stirring occasionally, until the kale is just tender, about 5 minutes. Remove from the heat, stir in the lemon juice, and serve.



## Spicy Sausage, Kale, and Goat Cheese Pizza

Pizza night looks even better with this cheesy, protein-packed recipe.

### INGREDIENTS

- 1 lb. pizza dough
- 4 tsp. extra virgin olive oil, more for drizzling
- 2 large leaves, ribs removed
- 1 clove garlic, minced
- 2 tbsp. chicken broth
- Kosher salt
- 2 links spicy sausage, casings removed
- 1 ripe tomato, seeded and coarsely chopped
- 5 fresh basil leaves
- 2 tbsp. crumbled goat cheese



### DIRECTIONS

1. Prep toppings. Remove ribs from kale and rip into 1" pieces. Mince garlic. Coarsely chop tomato and remove casings from spicy sausage.
2. Prepare pizza crust: Shape dough into large rectangle. If grilling, oil one side and grill, covered, oiled side down, on medium until slightly charred, 2 to 3 minutes; turn and grill 2 minutes more. Or, bake at 475°F on cornmeal-dusted baking sheet 5 minutes. Heat oven to 400°F.
3. Heat 1 teaspoon oil in medium skillet on medium. Add kale and cook, stirring occasionally, until beginning to wilt, 2 minutes. Add garlic and cook, stirring, 1 min. Add broth and cook until liquid has evaporated. Season with salt and transfer to bowl.
4. Add 1 teaspoon oil to skillet and heat on medium-high. Add sausage and cook, breaking up into smaller pieces, until browned, 5 to 7 minutes; transfer to paper towel-lined plate.
5. In food processor, pulse tomato, basil, remaining 2 teaspoon oil and pinch salt until combined but still slightly chunky.
6. Drizzle cooked pizza crust with a little olive oil. Spread tomato sauce over crust and top with kale, sausage, and goat cheese.
7. Bake until goat cheese starts to brown and kale begins to char, 8 to 12 minutes.

~ Tiffani Thiessen *Pull Up a Chair: Recipes from My Family to Yours*



## Kale "Chips"

Virtually fat free - perfect for guilt-free snacking.

### INGREDIENTS

- bunch kale
- Nonstick cooking spray
- 1/2 tsp. kosher salt

### DIRECTIONS

1. Preheat oven to 350 degrees F. From kale, remove and discard thick stems, and tear leaves into large pieces.
2. Spread leaves in single layer on 2 large cookie sheets. Spray leaves with nonstick cooking spray to coat lightly; sprinkle with salt.
3. Bake kale 12 to 15 minutes or just until kale chips are crisp but not browned. Cool on cookie sheets on wire racks.



## "Succotash" Kale Salad

### INGREDIENTS

- 8 oz. bacon, chopped
- 3 tbsp. olive oil
- 1 large shallot, thinly sliced
- 12 oz. tomatoes, chopped
- 1/4 c. sherry vinegar
- 2 tbsp. Dijon mustard
- 1 large bunch kale, tough stems and ribs removed, chopped
- 3 c. fresh or frozen (thawed) corn kernels
- 2 c. frozen (thawed) shelled edamame

