

JoJo Says: Don't Kale My Vibe

What Doesn't KALE You
Makes You Stronger!

Spaghetti with Kale and Pesto

INGREDIENTS

- 1 tablespoon salt
- 3 cups coarsely chopped kale
- 1 garlic clove
- 1 Red chili flakes
- 2 tablespoons extra-virgin olive oil
- 12 ounces spaghetti
- ¼ cup finely grated Parmesan cheese
- 3 tablespoons chopped walnuts

DIRECTIONS

Boil a large pot of salted water; immerse kale to blanch until bright green, 3 minutes. Remove with a slotted spoon, drain in a colander, and transfer to a blender or food processor. Reserve blanching water. Pulse kale with garlic and a pinch of red chili flakes. With blender running, drizzle in olive oil and 1/4 cup blanching water; process until smooth.

Cook spaghetti in blanching water according to package directions; drain, return to pot, and toss with pesto, 1 1/2 tbsp Parmesan and 1 1/2 tbsp nuts. Serve topped with remaining Parmesan, nuts and a pinch of chili flakes.

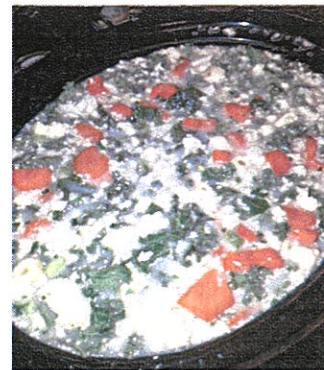
Our nutrition series has featured kale several times now. Through the winter months, kale is one of the freshest in-season crops we can purchase at lower prices. See the recipes below to continue eating kale in new, healthy, and tasty ways, including the hearty, creamy kale soup you tasted today.

Is kale still too bitter for you? Try Ms. Joyce's trick of placing the leaves in a plastic bag and massaging them. Looking ahead at next week, we will feature **collard greens** (a long awaited demo for some of you). Want to participate or have a suggestion, call Cristina at 856-281-0025.

Creamy Kale Soup

INGREDIENTS

- 2 cloves garlic
- ½ cup carrots, chopped
- 1 cup cauliflower, riced
- 1 cup chicken broth, low sodium
- 1 cup Almond Milk, unsweetened
- 1-2 cups Kale, chopped



1. Combine all ingredients in a pot
2. Place on stove under high heat until vegetables are a desired softness.

Special thanks as always to our rockstar community health advocate, Joelyn Moore for this soup recipe and joining us today. Check out more of her recipes and delicious health tips on Facebook (search Joelyn Moore) or call her at JoJo's Clean Healthy Lifestyle (609-319-6161) to place food orders or book her for an event.