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Kale Dressing

Recipe from epicurious.com

Ingredients:

2 pounds country-style white bread, crusts removed, torn into 1" pieces
3/4 cup extra-virgin olive oil, divided
2 tablespoons fennel seeds
1/4 cup (1/2 stick) unsalted butter
2 sprigs rosemary
1 dried chile de árbol, broken in half
1 1/2 cups minced fennel
1 1/2 cups minced onions
2 tablespoons fresh thyme leaves
3 garlic cloves, thinly sliced
Kosher salt and freshly ground black pepper
Slow-Cooked Tuscan Kale - Recipe Below
1/2 cup dry white wine
3 1/2 cups low-sodium chicken or turkey broth
2 large eggs, beaten to blend

Preparation:

Preheat oven to 400° F. Using your hands, toss bread in a large bowl while drizzling with 1/2 cup oil, squeezing bread to help it absorb oil. Spread out on 2 rimmed baking sheets, dividing equally; set aside.

Toast bread, stirring often and rotating baking sheets halfway through, until croutons are golden brown and crisp on the outside but still a little soft inside, about 20 minutes. Let cool; return to large bowl.

Meanwhile, toast fennel seeds in a small skillet over medium heat, shaking pan often, until seeds are fragrant and light gold, 2-3 minutes. Let cool. Using a spice mill or a mortar and pestle, coarsely grind fennel seeds; set aside. Alternatively, crush seeds in a resealable freezer bag with bottom of a heavy skillet.

Heat a large skillet over medium heat for 2 minutes. Add remaining 1/4 cup oil and butter. When butter is melted, add rosemary sprigs and chile; let sizzle in pan for 1 minute, then add crushed fennel seeds, fennel, onions, thyme, and garlic. Season with salt and pepper and sauté until vegetables are tender and lightly caramelized, 6-8 minutes. Discard rosemary sprigs and chile. Add vegetable mixture and Slow-Cooked Tuscan Kale to croutons.

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Boil wine in same skillet over medium-high heat until reduced by 3/4, 1-2 minutes. Add broth; bring to a boil. Add to crouton mixture; toss well. Season with salt and pepper. Add eggs; stir to distribute. Transfer to a 13x9x2" baking dish. Cover with foil.

Bake dressing until heated through, about 30 minutes (a knife inserted into the center should be hot to the touch). Remove foil and bake until bread is golden and crisped on top, 25-30 minutes longer.

Slow Cooked Tuscan Kale

Ingredients:

3/4 teaspoon kosher salt, divided, plus more
1 pound Tuscan kale (about 2 bunches), center ribs and stems removed
1/4 cup plus 2 tablespoons extra-virgin olive oil
1/2 sprig rosemary
1 dried chile de árbol, broken into 4 pieces
1 cup sliced yellow onion
Freshly ground black pepper
2 garlic cloves, thinly sliced

Preparation:

Bring a large pot of heavily salted water to a rapid boil over high heat. Working in 2 batches, blanch kale for 2 minutes. Drain, let cool, and squeeze out excess water with your hands. Coarsely chop; set aside.

Heat a large pot over medium heat for 2 minutes. Add 1/4 cup oil, rosemary sprig, and chile. Let sizzle, shaking pan often, for about 1 minute. Reduce heat to medium-low; add onion. Season with 1/2 teaspoon salt and a pinch of pepper. Cook for 2 minutes, stirring often; stir in garlic. Cook, stirring often, until onion is soft and starting to brown, 5-7 minutes.

Add remaining 2 tablespoons oil and kale; stir to coat. Season with 1/4 teaspoon salt, reduce heat to medium-low, and cook, stirring often, until kale turns almost black and is slightly crisp at edges, about 30 minutes. Let cool. Discard rosemary and chile.

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Quinoa Salad with Kale, Pine Nuts, and Parmesan

Ingredients:

2 tablespoons extra-virgin olive oil, divided
1/2 small onion, minced
1 cups white quinoa, rinsed
3/4 cups water
1 1/2 cups chopped kale
3 tablespoons red wine vinegar
1/2 teaspoon Dijon mustard
1/4 cup toasted pine nuts
1/4 cup grated Parmesan cheese
kosher salt and black pepper

Preparation:

In a medium saucepan, heat 2 teaspoons olive oil over medium heat. Add the onion and sauté, stirring frequently, until translucent, about 5 minutes. Add the quinoa and sauté, stirring, until lightly toasted, 2 to 3 minutes. Add the water and kale, stirring to combine. Bring to a simmer, then reduce the heat to low and simmer, covered, until the quinoa is tender and the water has been absorbed, 15 to 18 minutes. Transfer the mixture to a bowl and let cool. Stir occasionally to bring the warmer part of the mixture up from the bottom.

In a small bowl, whisk together the vinegar and mustard until smooth. Add a pinch each of salt and pepper. Slowly add the remaining olive oil, whisking continuously to emulsify the dressing.

Drizzle the dressing over the cooled quinoa mixture. Stir in the pine nuts and Parmesan cheese and season to taste with additional salt and pepper. Cover and chill completely, 2 to 3 hours. Stir just before serving to fluff the salad and break up any clumps.

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Kale Salad with Pinenuts, Currants and Parmesan

Recipe from epicurious.com

Ingredients:

2 tablespoons dried currants
7 tablespoons white balsamic vinegar, divided
1 tablespoon unseasoned rice vinegar
1 tablespoon honey
1 tablespoon extra-virgin olive oil
1/2 teaspoon salt
1 bunch kale, center ribs and stems removed, leaves thinly sliced crosswise
2 tablespoons pine nuts, lightly toasted
Parmesan cheese shavings

Preparation:

Place currants in small bowl; add 5 tablespoons white balsamic vinegar. Let soak overnight. Drain currants.

Whisk remaining 2 tablespoons white balsamic vinegar, rice vinegar, honey, oil, and salt in large bowl. Add kale, currants, and pine nuts; toss to coat. Let marinate 20 minutes at room temperature, tossing occasionally. Season to taste with salt and pepper. Sprinkle cheese shavings over salad and serve.

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Kale Pesto with Walnuts

Recipe from epicurious.com

Ingredients:

2 cups packed torn kale leaves, stems removed
1 cup packed fresh basil leaves
1 teaspoon sea salt
1/4 cup extra virgin olive oil
1/4 cup toasted walnuts
4 cloves garlic, chopped
1/2 cup grated Parmesan cheese

Preparation:

In a food processor, combine the kale leaves, basil leaves, and salt. Pulse 10 to 12 times, until the kale leaves are finely chopped. With the motor running, drizzle in the olive oil. Scrape down the sides of the processor. Add the walnuts and garlic and process again, then add the cheese and pulse to combine. Toss with your favorite pasta and serve immediately.

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Kale, Winter Squash, & Toasted Almond Salad

Adapted from Food52.com

Ingredients:

Serves 2

1/2 cup cubed kabocha, butternut, or other winter squash

Extra-virgin olive oil

Salt and freshly ground pepper

1 bunch kale (preferably lacinato or dinosaur kale), ribs removed and finely sliced, about 2 1/2 cups

1/2 cup almonds, cut roughly in half

1/2 cup crumbled or finely chopped Cabot clothbound cheddar (or any good, aged cheddar -- if you can't find aged cheddar, use parmesan)

Fresh lemon juice

Pecorino or other hard cheese, for shaving (optional)

Preparation:

1. Heat oven to 425° F. Toss squash cubes in just enough olive oil to coat, and season with salt and pepper. Spread on a baking sheet (lined with parchment for easier cleanup), leaving space between the cubes. Roast in the oven until tender and caramelized, about 40 minutes, tossing with a spatula every 10-15 minutes. Toast the almonds on a baking sheet in the same oven until they start to smell nutty, tossing once, about 10 minutes. Let cool.
2. In a large mixing bowl, toss the kale with the almonds, cheddar and squash. Season to taste with lemon juice and olive oil (approximately 1 tablespoon lemon juice and 2 tablespoons olive oil). Season to taste with salt and pepper.
3. Divide salad between two plates or shallow bowls. Garnish with shaved pecorino cheese, if desired, and serve.

Boil wine in same skillet over medium-high heat until reduced by 3/4, 1-2 minutes. Add broth; bring to a boil. Add to crouton mixture; toss well. Season with salt and pepper. Add eggs; stir to distribute. Transfer to a 13x9x2" baking dish. Cover with foil.

Bake dressing until heated through, about 30 minutes (a knife inserted into the center should be hot to the touch). Remove foil and bake until bread is golden and crisped on top, 25-30 minutes longer.

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1 pound Tuscan kale (about 2 bunches), center ribs and stems removed
1/4 cup plus 2 tablespoons extra-virgin olive oil
1/2 sprig rosemary
1 dried chile de árbol, broken into 4 pieces
1 cup sliced yellow onion
Freshly ground black pepper
2 garlic cloves, thinly sliced

Preparation:

Bring a large pot of heavily salted water to a rapid boil over high heat. Working in 2 batches, blanch kale for 2 minutes. Drain, let cool, and squeeze out excess water with your hands. Coarsely chop; set aside.

Heat a large pot over medium heat for 2 minutes. Add 1/4 cup oil, rosemary sprig, and chile. Let sizzle, shaking pan often, for about 1 minute. Reduce heat to medium-low; add onion. Season with 1/2 teaspoon salt and a pinch of pepper. Cook for 2 minutes, stirring often; stir in garlic. Cook, stirring often, until onion is soft and starting to brown, 5-7 minutes.

Add remaining 2 tablespoons oil and kale; stir to coat. Season with 1/4 teaspoon salt, reduce heat to medium-low, and cook, stirring often, until kale turns almost black and is slightly crisp at edges, about 30 minutes. Let cool. Discard rosemary and chile.