

What's In your Kitchen?

Brought to you by the CHA Wellness Kitchen



Kale

Not just a garnish!

Kale Chips Servings: 14 Total Time: 15

Ingredients

- 1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups)
- Extra-virgin olive oil
- Salt and pepper
- Other spices to taste

Directions:

1. Position racks in upper third and center of oven; preheat to 400°F.
2. Rip kale into bite-sized pieces discarding stems and put in large bowl. Drizzle the kale with oil and sprinkle with salt and/or any other spices you like. Using your hands, toss the oil and salt onto the kale leaves to evenly coat.
3. Fill 2 large baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)
4. Bake until most leaves are crisp, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)



Calories	110
Fat	5g
Sodium	210mg
Carbohydrates	16g
Fiber	6g
Protein	5g

Did You Know?

What is a Kale?

Kale is a leafy green vegetable sometimes called borecole. It's related to cabbage, broccoli, collard greens and Brussels sprouts.

Varieties of kale are grown all around the world, in a number of different climates, and the plant is able to grow well into the cooler winter months.

How to Select and Store:

Choose dark colored kale bunches with small to medium leaves. Avoid brown or yellow leaves.

Store kale in a plastic bag in the coldest part of the fridge for 3-5 days.

How to use:

You can steam, sauté, roast or boil this leafy green vegetable. It becomes a savory side dish, or a great addition to a soup. Steam kale, then season with lemon juice, olive oil, salt and pepper. Kale is easy to add to your stir fry recipes, pastas, sautéed vegetables and soup.

Nutritional Benefits:

Kale has no fat, is high in vitamin A and vitamin C, is a good source of calcium and iron and is considered one of the most nutritious of vegetables.

Source:

<http://extension.usu.edu>

www.Fruitsandveggiesmorematters.com

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Tofu

Did You Know?

What is tofu?

Tofu, or bean curd, is made from dried soybeans that have been ground, filtered, and boiled. It comes in different styles—from the very soft Japanese silken to extra firm. Tofu is packaged in a range of ways, from unrefrigerated boxes to blocks floating in giant, open pails.

How to use:

There are many things you can do with tofu. Most people use it as a meat substitute but you can also use it to make healthier sauces, soups, dips, smoothies, desserts & more! Tofu has very little flavor and will absorb the flavors of your recipe which is why tofu is so versatile – and it's good for you too! Tofu also acts as a binder so it is perfect for substituting eggs and dairy.

What kind of tofu do I use?

- Stir-frying? Use Extra-Firm.
- Baked BBQ? Use Firm.
- Need a quick salad? Use Cubed.
- Making a creamy dip or soup? Use Soft.
- Blending a smoothie? Use Silken.

Nutritional Benefits:

Tofu is rich in high-quality protein. It is also a good source of B-vitamins and iron. While 50% of the calories in tofu come from fat, a 4-ounce serving of tofu contains just 6 grams of fat. It is low in saturated fat and contains no cholesterol.

Source:

www.nasoya.com

www.cancer.med.umich.edu

Southwestern Tofu Scramble

Servings: 4 (about 3/4 cup each) Total Time: 30 Minutes

Ingredients

- 3 teaspoons canola oil, divided
- 1 14-ounce package firm water-packed tofu, rinsed and crumbled
- 1 1/2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt, divided
- 1 small zucchini, diced
- 3/4 cup frozen corn, thawed
- 4 scallions, sliced
- 1/2 cup shredded Monterey Jack cheese
- 1/2 cup prepared salsa
- 1/4 cup chopped fresh cilantro

Directions:

1. Heat 1 1/2 teaspoons oil in large nonstick skillet over medium heat.
2. Add tofu, chili powder, cumin and 1/4 teaspoon salt and cook, stirring, until the tofu begins to brown, 4 to 6 minutes. Transfer to a bowl.
3. Add the remaining 1 1/2 teaspoons oil to the pan. Add zucchini, corn, scallions and the remaining 1/4 teaspoon salt.
4. Cook, stirring, until the vegetables are just tender, about 3 minutes.
5. Return the tofu to the pan and cook, stirring, until heated through, about 2 minutes more.
6. Remove from the heat and stir in cheese until just melted. Top each serving with 2 tablespoons salsa and 1 tablespoon cilantro.

Calories	202
Carbohydrates	12 g
Cholesterol	13 mg
Fat	12 g
Fiber	3 g
Protein	13 g

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Black Beans

Did You Know?

What are Black Beans?

Black beans are native to the Americas. One of over 500 varieties of kidney beans, black beans are also known as turtle beans. These beans date back at least 7,000 years, when they were a staple food in the diets of Central and South Americans.

How to use:

Include black beans with your other favorite toppings next time you make a stuffed baked potato. Add them to chili, salsa, or make a dish of black beans and rice. Black beans are also great served as black bean burgers!

How to Select :

Both dried and canned black beans are available throughout the year. Dried beans are generally available in prepackaged containers as well as in bulk bins. Make sure that the bins containing the black beans are covered .

Canned black beans can be found in most markets. There is little difference in the nutritional value of canned black beans and those you cook yourself. We suggest looking for those that do not contain extra salt or additives. Be sure to rinse them well before using them.

Nutritional Benefits:

Protein Rich Superfood With Fiber

More than just a meat substitute, beans are also high in fiber. One cup of cooked beans provides about 12 grams of fiber. Beans also help you stay fuller longer because they digest slowly.

Source:
<http://umaine.edu>
www.webmd.com

Black Bean Burgers

Servings: 6

Total Time: 15 minutes

Ingredients

- 4 tablespoons olive oil
- 1 (15 ounce) can of black beans, rinsed and drained
- 1/2 cup dry breadcrumbs
- 1/2 cup canned or frozen whole-kernel corn, drained
- 1/2 medium red or yellow onion diced
- 1 large egg
- 1/4 teaspoon ground cayenne pepper

Directions:

1. Place beans in a large bowl and mash to make a chunky mixture.
2. Add bread crumbs, onion, corn, egg, and cayenne.
3. Stir until evenly mixed.
4. Add olive oil to large skillet over medium-high heat.
5. Form mixture into thin equal patties and cook for 4 minutes each side or until crisp and beginning to brown.
6. Remove from skillet, add to bun and serve with desired additions such as lettuce, tomato, low fat sour cream or Greek yogurt, cheese, etc.



Calories	514
Carbohydrates	80.8 g
Cholesterol	46.5
Fat	12.2 g
Fiber	14.8 g
Protein	21.8 g

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Garbanzo Bean

Also known as Chick Peas

Chick Pea Poppers

Servings: 8

Total Time: 45 Minutes

Ingredients

- 1 can chickpeas/garbanzo beans, drained and rinsed
- 1/8 tsp salt, or to taste
- oil or oil spray
- seasonings of choice (I used paprika and curry powder, but ginger or cinnamon would also be nice.)

Directions:

1. Rinse and drain your chickpeas, then dry with a towel well.
2. Mix with a little oil or spray, then toss with your seasonings (optional: you can also add a little flour if desired).
3. To roast, place these in a 400-degree oven, for 30-40 minutes, tossing every ten minutes.



Calories	126.5
Carbohydrates	24 g
Cholesterol	0 g
Fat	1.2 g
Fiber	4.6 g
Protein	5.2 g

Did You Know?

What is a Garbanzo Bean?

Garbanzo Bean (or chick peas) are a type of legume used in a number of Middle Eastern, Indian and Mediterranean cuisines. Tan colored and round, garbanzo beans have a nutty, mild flavor and retain a slight crunch even after they're cooked.

How to Select and Store:

Choose dried beans or beans canned with less sodium. Select dried beans that are dry, firm, clean, uniform in color, and not shriveled.

Store dried beans at room temperature, in a closed container to protect from moisture and pest. Be sure to use canned beans before the expiration date.

How to use:

Garbanzo beans can be eaten in salads, cooked in stews, ground into a flour called gram flour, ground and shaped in balls and fried as falafel, cooked and ground into a paste called hummus, or roasted and spiced and eaten as a snack.

Nutritional Benefits:

Garbanzo beans are high in protein, folate, magnesium, potassium, and iron, and contain very little fat and no cholesterol. They are also high in fiber and offer compounds such as photochemicals and isoflavones that can prevent chronic disease.

Source:

<http://cals.arizona.edu>

www.Fruitsandveggiesmorematters.com