



DALLAS ARBORETUM
A Tasteful Place

Hero Vegetable: Kale

Kale Tomato Soup

Ingredients

- 4 cups kale, stems removed and sliced
- 6 cups chicken or vegetable broth
- 4 large garlic cloves, minced
- 2 sticks celery, diced
- 2 14-ounce can chopped tomatoes, with juice
- 2 medium potatoes, diced
- 2 tsp dried basil
- 1 lb. ground Italian sausage
- 1 large leek, roughly chopped
- 1 bay leaf
- Freshly ground pepper
- Grated Parmesan for garnish
- Salt to taste

Directions

Cook the ground Italian sausage until cooked through over medium high. With a slotted spoon, transfer the sausage to a paper towel lined plate. Using the leftover fat from the sausage, sauté the garlic, dried basil, chopped leeks, and celery until tender. Sprinkle in a teaspoon of salt. Add in the chopped tomatoes and potatoes. Heat through and add the broth. Bring to a boil then lower heat to a simmer. Simmer for 30 minutes. Using a submersion blender, blend until smooth but thick. Stir in the Italian sausage and kale. Separate into bowls and garnish with parmesan cheese.



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Kale Apple Cake

Ingredients

- 2 cups fresh kale, stems removed and roughly chopped
- 1 Tbsp. lemon juice
- 3 apples, cored, and sliced into thin wedges
- $\frac{1}{2}$ cup unsalted butter, softened
- 1 $\frac{1}{4}$ cup sugar
- 3 eggs
- 2 cups all-purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 tsp vanilla
- $\frac{1}{2}$ cup milk
- Powdered sugar for sprinkling

Directions

Preheat your oven to 350F. Grease or fit a sheet of parchment paper inside a 10-inch spring form pan, set aside.

Rinse the kale leaves then puree in a blender with just enough water to blend smooth, about 3 tablespoons. Don't add more water as the kale will release its own juices. You can peel the apples but I like to keep the skin on for the added health benefit and it makes for a more rustic presentation once the cake has baked. In a medium sized bowl, toss the apple slices and lemon juice together and set aside. In another medium sized bowl, combine the flour, baking powder, and salt until well incorporated, set aside. In a large bowl, beat together butter and sugar, until smooth. Add the eggs and beat until fluffy. Add the kale puree and vanilla. Slowly add the milk, mixing for another minute until the batter is smooth. The batter should be thick. Do not add any more milk. The apples will release their juices during the baking process. Pour the batter into a greased 10" spring form baking pan. Arrange the apple slices into the batter, pushing them into the batter slightly. Sprinkle the almonds evenly over the cake batter. Bake the cake for 35-45 minutes, until a toothpick inserted in the center of the cake (not into an apple) comes out clean. Remove the cake from the oven and cool for 15 minutes in the pan. Detach the wall of the spring form pan. Dust the cooled cake with powdered sugar before serving.



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Kale Artichoke Hummus

Ingredients

- 2 garlic cloves
- 1 small bunch kale, about 6 leaves, roughly chopped
- 1-15 oz. canned artichokes, rinsed
- 1-15 oz. canned garbanzo beans, rinsed
- 1 shallot, roughly chopped
- $\frac{1}{2}$ cup parmesan cheese
- $\frac{1}{2}$ tsp Worcestershire sauce
- $\frac{1}{4}$ cup Tahini
- Olive oil
- Salt to taste

Directions

Using a food processor, blend the garlic, shallot, tahini, a teaspoon of salt and kale while slowly add olive oil until the kale is a puree. Add in the remaining ingredients and blend until smooth, slowly add in oil until the ingredients seem to come together. This will take about 3-5 minutes to get to the right consistency.