

## Cooking with Amanda class

### Cooking with Kale

#### Cheesy Kale Chips

- 1 bunch curly kale
- 1 tablespoon olive oil
- ¼ cup nutritional yeast
- ½ teaspoon garlic powder
- ½ teaspoon salt
- Juice of ½ lemon (or 1 tablespoon pure lemon juice)

Preheat oven to 275F

Wash kale and remove stems. Tear into large pieces, and place kale in a large mixing bowl.

Add the oil and gently massage it into the kale. Toss with remaining ingredients, massaging the ingredients into the kale leaves by hand.

Arrange kale in a single layer on two large baking sheets, ensuring none of the kale is overlapping. Bake for 20 minutes, stirring and flipping after 10 minutes to ensure even cooking.

Cook until kale is dark green and crispy. Remove from the oven and let it sit 5-10 mins before serving. It will continue to crisp as it cools.

Serve immediately, or when completely cool, place in an airtight container for 2-3 days.

#### Kale, Mushroom and Black Bean pasta

- 1½ cups penne pasta
- 1 onion, diced
- 2 ½ cups sliced mushrooms
- 2 inch piece of ginger, grated
- 2 cloves garlic, peeled
- 2 tablespoons soy sauce
- 1½ cups kale, stems removed, roughly chopped
- 1 cup black beans, cooked (or ½ can black beans, drained)
- Ground black pepper

Bring a large pot of water to the boil, and cook pasta according to the package directions. Drain and set aside.

Heat a little water in a frying pan, and add the onion. Cook until the onion is soft and translucent, adding more water to prevent sticking if needed. Add mushrooms, ginger and garlic and stir.

Add the soy sauce, and continue to cook on medium heat until the mushrooms are cooked.

Stir in the kale and and cook for a couple of minutes until the kale is wilted, but still looks fresh and green.

Stir in the cooked and drained pasta and sprinkle with ground black pepper to taste.

**For other kale recipes, see:**

[Kale Waldorf Salad](#) – in the BBQ, Picnics and Salads series

[Marinated Tofu with kale and peanut sauce](#) – in the Lentils and Beans series