



### **GREENS FOR ALL SEASONS: Kale & Collards**

The Cruciferous family of vegetables are strong and durable, rich in Vitamin A, Bio-Available Calcium, Chlorophyll, and an excellent food for the Liver.

Steve Gagne, in his wonderful book "Energetics Of Food" says about Collards and Kale: These foods energetically manifest qualities of freshness and life. Leafy green vegetables physically effect the upper part of the body, especially lungs, heart and throat. They encourage cosmic rhythm, the breath of life and oxygenate the human body, feeding the cells as to produce hemoglobin.

Here are two recipes that will make you feel great. Most people have never try these hardy greens. If that is you, what are you waiting for? These two plants grow in the coldest conditions through the winter months, so imagine what strength they will give your body?

Here is a my recipe, I think you'll enjoy:

#### Tuscan Collards & Kale

Ingredients:

1/2 bunch of Organic Kale, chopped small

1/2 bunch collards, chopped small

1/2 teaspoon sea salt

4-5 ripe Beefsteak tomatoes or vine-ripened

6-8 Sundried tomatoes in olive oil, drained and chopped

2 teaspoons Italian seasoning, fresh or dried

Procedure: Prep veggies, for collards, take out hard vein with a knife and roll up like a cigar then chiffonade (style of cutting) ,long strokes.

**Blanc** both greens in large pot of boiling water with sea salt for 3 mins, or until greens turn bright green, drain and set aside.

Pre-heat to 425 degrees, then cut tomatoes in half (leave seeds and body), take out core and rub with 2 Tablespoons of olive oil, 2 teaspoons of Italian seasoning, salt & pepper. On a baking sheet, Place **tomatoes** face down and mix with the sun-drieds. Cook 25 mins, let cool 5 mins. Chop tomatoes (they will be soft, can use hands)and save their liquid and blend with greens, adjust salt & pepper. serve warm, Serves

*Recipe by Chef Kathryn Bari-PETRITIS, 2/07  
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