

Dorito Spiced Kale



In a past program, students asked if we could make Doritos. Our counter offer? How about we make healthy greens taste cheesy, savory and delicious instead! It can be hard to believe that kids gobble down kale, but with this recipe they will! A key ingredient is nutritional yeast, which you can find in the baking aisle or in bulk at your local food co-op.

SERVINGS: 2 - 4

PREP TIME: 20 MIN

TOTAL TIME: 30 MIN

INGREDIENTS

Large bunch kale
 1 small onion, diced
 2 cloves garlic, minced
 2 tablespoons canola oil
 1 tablespoon soy sauce
 ½ cup water (if needed)

Spice Mix:

2 tablespoons nutritional yeast
 ½ teaspoon garlic powder
 ½ teaspoon onion powder
 ½ teaspoon cumin
 ½ teaspoon paprika
 ½ teaspoon chili powder

DIRECTIONS

1. Chop onion and mince garlic.
2. Heat a large pot on medium-low heat. Add 2 tablespoons canola oil.
3. Add onion and turn heat to low. Saute for 5 to 7 minutes until lightly browned, stirring occasionally. Meanwhile, prep kale.



4. Rinse kale.
5. Remove leaves from stems and place in a large bowl. Discard stems.
6. Massage and rip up kale into small pieces. It should turn bright green. This is a sign that you have tenderized the kale.



7. After the onions have browned, add the garlic and saute for 1 to 2 minutes, until fragrant
8. Add the kale to the pot. Add soy sauce. Stir and put on lid. Turn heat to medium-low. You will cook it for about 10 minutes until it has really cooked down. Stir occasionally.



NOTES



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DIRECTIONS CONTINUED

9. While kale is cooking, make the spice mix. Add all the spices to a small bowl or jar.
10. After kale has cooked down, add 2 tablespoons of the spice mix and stir.
Taste and add more if desired.

