

Traditional Portuguese Potato "Caldo Verde" Soup + Crispy Kale Chips + Children's Sparkling Sangria



crispy kale chips

preheat + tear + drizzle

Preheat oven to 300 degrees F. Tear the leaves from 5-6 clean and dry stalks of **curly or lacinato kale**. Throw away the stems. Then tear up the leaves into pieces the size of chips. Spread kale pieces onto a rimmed baking sheet. Drizzle with **3 T olive oil**.

pinch + mix + bake

Pinch **¼ tsp salt** and sprinkle it over the kale pieces. Mix with hands until all kale pieces are evenly coated. Then bake for about 20 minutes or until kale chips are crispy and light. Serve on top of Caldo Verde Soup!

::recipes continued::



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portuguese potato "caldo verde" soup

tear + measure + puree

Tear the leaves from 3-4 stalks of **curly or lacinato kale** and add leaves to a blender. Throw out the stems (or, if you have a high-powered blender like a Vitamix, add the stems to the blender, too). Add **2 C veggie broth or water and ½ bouillon cube**. Puree until kale is blended into the liquid.

mince + chop + chop

Mince **1 clove garlic** and **1 shallot**. Chop 1 ¼ lbs Yukon gold potatoes. Chop **1 small yellow or green zucchini**.

sauté + simmer + season

In a medium-sized soup pot, sauté minced garlic and shallot in **2 T olive oil/butter** for 30 seconds. Then add chopped potatoes, zucchini, pureed kale, and the remaining **1 ½ C veggie broth/water**. Bring soup to a boil, then cover and simmer over medium-low heat for about 10 minutes, or until potatoes are tender. Then season with **salt and pepper** and **1 tsp or more of red wine vinegar**. Ladle into bowls and top with Crispy Kale Chips!

children's sparkling sangria

chop + pour + stir + enjoy!

Chop up **1 orange**, **1 lime**, and **½ pint blackberries/raspberries/strawberries** and add to a pitcher. Pour in **2 C white grape juice** and **1 C ginger ale** and stir. Let sit for at least 15 minutes (1 hour is better!). Then pour into cups and enjoy!

::continued::

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shopping list!

Portuguese Potato Caldo Verde Soup

- 1/3 bunch kale
- 1 small green/yellow zucchini
- 3 1/2 C veggie broth/water + 1/2 veggie bouillon cube
- 2 T olive oil/butter
- 1 shallot
- Salt and pepper to taste
- 1 clove garlic
- 1 or more tsp red wine vinegar
- 1 1/4 lbs Yukon gold potatoes

Crispy Kale Chips

- 2/3 bunch kale
- 3 T olive oil
- 1/4 tsp salt

Children's Sparkling Sangria

- 1 orange
- 1 lime
- 1/2 pint blackberries/raspberries/pomegranate seeds/strawberries
- 2 C white grape juice
- 1 C ginger ale

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Let's learn about Kale!

Kale may be experiencing an explosion in popularity over the past several years, but did you know that kale is an Old World staple in many countries around the world, including Scotland, Kenya, Denmark, Italy, and Portugal? It's true. People have been enjoying kale for at least 2,000 years.

Kale was first cultivated in the Mediterranean area. People called it cabbage back in the day. In Roman times, cabbage was a significant crop and became a staple for peasants in the Middle Ages.

Kale used to be called "Peasant's Cabbage," probably because it grew so abundantly. The modern name, Kale, came from the Scottish word for the plant: "kail."

Holy Kale! There are over FIFTY varieties of Kale, even though we only see about 3 in the grocery stores!

Search and you shall find a recipe for just about anything made from kale; including Kale Cupcakes!

Kale is the Superhero of Vegetables. It has so many antioxidants and vitamins to keep us healthy, smart, strong, and feeling good.

Fun Facts about Portugal!

- ★Portugal is the Westernmost country of Europe; it is located on a peninsula called the Iberian.
- ★Lisbon is the capital of Portugal and one of the oldest cities in the world. It suffered a major earthquake in 1755, which devastated the city and caused it to lose much of its wealth and status.
- ★The oldest bookstore in the world is located in Lisbon.
- ★Common animals in Portugal are boars, wild goats, fallow deer, foxes, and Iberian hares.
- ★The Portuguese love to eat cod, particularly dried, salted cod, known as 'bacalhau'. Salting the fish is a traditional way of preserving it. There is, apparently, a different recipe for cod for every day of the year.

Time for a laugh!

What happens when you buy too many greens? **You tip the scales!**

Did you hear about the carrot that outran the bunny rabbit? **He lived to tell the kale.**

Why is kale never lonely? **Because they come in bunches!**

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