

## Green Food Recipes

### Kale Chips

Makes one bowl of chips

1 bunch of curly green kale

Olive oil

Salt

Seasonings of your choice (I use dulse flakes with garlic and nutritional yeast)

1. Remove kale leaves from stems, wash & chop into bite size pieces
2. Place chopped leaves into a big bowl and drizzle with olive oil, massage into the leaves
3. Spread kale leaves onto cookie sheets, sprinkle with salt
4. Bake at 200 for 30-45 minutes until crispy
5. Let cool then toss in bowl with other seasonings
6. Store in an airtight container

### Sauteed Kale with Garlic & Lemon

2-3 servings

1 bunch dark green kale (also called Lacinato Kale)

3-6 cloves of garlic, sliced

Coconut or Olive oil

½ a lemon

1. Remove kale leaves from stems, wash & chop into bite size pieces
2. Warm 1 tablespoon coconut or olive oil in large pan or pot over medium-low heat
3. Add sliced garlic to pan and cook for 1 minute
4. Add chopped kale and toss to coat with oil and garlic until kale is bright green
5. Lower heat, add a little bit of water (1 to 2 tbs.) so garlic doesn't burn and kale can steam, cover and let cook for 5-10 minutes, until kale is tender and to your desired texture.
6. Season with salt, pepper, and juice of ½ a lemon

### Brussels Sprouts with Pine Nuts

2-3 servings

20 brussels sprouts

1 small shallot, sliced

Olive oil & butter

2-3 tablespoons pine nuts

Balsamic vinegar

1. Chop off bottoms of Brussels sprouts, then chop the sprouts in half removing any outside leaves that are bruised. Wash sprouts and set aside
2. In a large frying pan over medium heat, warm 1 tablespoon olive oil and 1 tablespoon butter, add sliced shallots and cook for 1-2 minutes
3. Add Brussels sprouts to pan and cook until tender, but still crisp. Add little bits of water as needed so nothing burns.
4. In the last minute or two of cooking add pine nuts and a few splashes of balsamic vinegar, toss to coat.
5. Season as needed with salt and pepper – serve and enjoy!

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## **Brussels Sprout Salad with Avocado and Pumpkin Seeds**

6 Servings

Finely grated zest of 1 lemon (1 teaspoon) plus 1 1/2 tablespoons lemon juice  
1/2 teaspoon Dijon mustard  
3 tablespoon extra-virgin olive oil  
Coarse salt and freshly ground black pepper  
1 pound brussels sprouts, trimmed, leaves separated  
2 tablespoons pumpkin seeds, toasted  
1 avocado, sliced

1. Whisk lemon zest and juice and mustard in a small bowl. Gradually add oil, whisking to emulsify, and season with salt and pepper.
2. Toss dressing with brussels sprout leaves and pumpkin seeds. Gently stir in avocado and adjust seasoning.

## **Collard Green Veggie Wrap**

Collard greens make an excellent veggie substitute for traditional flour or corn tortillas, and they are SUPER healthy and alkalizing! Get creative and put whatever you want in the collard green wrap, here is one that I like:

- 1) Remove bottom stem from collard green and trim any bulky stem left near the leaves.
- 2) To help soften the collards, add greens to boiling water for 1 minute, remove and blot dry. You can do this all at once and then put in a Ziploc in your fridge so you will have wraps for the week.
- 3) Spread the wrap with your favorite spread, I like hummus or babaganoush (eggplant dip)
- 4) Pile it with crunchy veggies, I like red pepper strips, avocado, sprouts, cucumber, and shredded carrot.
- 5) Season with salt and pepper and dulse or kelp flakes.
- 6) Wrap it up and enjoy!

## **Green Smoothie**

1 cup berries (fresh or frozen, my fave is raspberries)  
1/2 a banana  
2 big handfuls of leafy greens (dandelion greens, spinach, beet greens, kale)  
2 tablespoons chia seeds or ground flax seeds  
1-2 cups coconut water (depending on how thick or thin you like your smoothie)

Put all ingredients in a blender and blend until smooth. Cheers to your health!

## **Green Detox Juice**

2 large cucumbers, peeled  
4-5 stalks kale  
4-5 romaine lettuce leaves  
4 stalks celery  
1-2 broccoli stems  
1 1-inch piece of ginger root, peeled  
For added sweetness toss in pear, green apple, carrots, beets, or yellow/red peppers

Run all ingredients through your juicer – enjoy!

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## **Edamame and Almond Hummus**

Makes 2 ¼ cups

1 cup toasted slivered almonds  
1 ½ cups shelled fresh or thawed frozen edamame  
2 Tbsp. toasted sesame oil  
2 Tbsp. olive oil  
Zest and juice of 1 ½ lemons  
1 garlic clove, minced  
1 Tbsp. chopped cilantro  
2 Tbsp. tamari or coconut aminos (soy sauce alternatives – taste the same!)  
1 tsp. toasted sesame seeds

1. Whirl almonds in a food processor until finely ground, scraping inside of bowl as needed, about 2 minutes
2. Add 1/3 cup water and the remaining ingredients through tamari, whirl until well blended, about 3 minutes. Spoon into a bowl and sprinkle with sesame seeds.

## **Pesto (dairy free)**

Makes about 1 cup

2 cups, washed, loosely packed, stemmed fresh herbs, your choice of one or combine:  
    basil, cilantro, parsley, mint  
1/2 cup pine nuts or pecans or walnuts  
1 or 2 cloves fresh garlic  
1/4 to 1/2 cup good tasting extra virgin olive oil, as needed  
Sea salt, to taste

1. Combine the fresh herbs, nuts, and garlic in a food processor and process the mixture until it turns into a coarse meal.
2. Slowly add extra virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste. Add enough olive oil to keep it moist and spreadable.
3. Season with sea salt, to taste.
4. Cover and store chilled for at least an hour to saturate the flavors.