

# A HEALTHY RECIPE BEGINS WITH ALEXIAN BROTHERS.

## Crispy Kale Chips with Cheese

- **Servings: 12 as snack**
- **Prep Time: 5 min.**
- **Cook Time: 8-12 min.**

Total fat (g): 4.8. Fat calories (kc): 65. Monounsaturated fat (g): 2.9. Fiber (g): 1.3. Carbohydrates (g): 3.8. Protein (g): 2.8. Sodium (mg): 123.5.



**ALEXIAN**  
BROTHERS

H E A L T H S Y S T E M

*See reverse side for ingredients and directions.*

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[www.AlexianBrothersHealth.org/Recipes](http://www.AlexianBrothersHealth.org/Recipes)

## Black and White Bean Salad with Fennel and Ripe Cherry Tomatoes

- **Servings: 4**
- **Prep Time: 15 min.**

Total fat (g): 9. Fat calories (kc): 71. Cholesterol (mg): 26. Trans fatty acids (g): 0. Saturated fat (g): 2. Polyunsaturated fat (g): 3. Monounsaturated fat (g): 4. Fiber (g): 10. Carbohydrates (g): 26. Sugar (g): 2. Protein (g): 20. Sodium (mg): 396. Calcium (mg): 233.



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## Warm Stuffed Dates

- **Servings: 4**
- **Prep Time: 15 min.**
- **Cook Time: 8-10 min.**

Total fat (g): 5.52. Fat calories (kc): 49.7. Cholesterol (mg): 5.06. Trans fatty acids (g): 0. Saturated fat (g): 1.14. Polyunsaturated fat (g): 0. Monounsaturated fat (g): 0. Fiber (g): 1.84. Carbohydrates (g): 13.64. Sugars (g): 11.3. Protein (g): 3.13. Sodium (mg): 90.75. Calcium (mg) 60.24.



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### **INGREDIENTS**

- Two bunches kale, preferably lacinato or dinosaur (about 2/3 pound)
- 2 tablespoons olive oil
- 2/3 cups finely grated Parmesan cheese (Reggiano Parmigiano preferred)

### **DIRECTIONS**

Preheat oven to 325°F. Line a baking sheet with parchment paper. Wash kale, shake off excess water and dry thoroughly, in a salad spinner or rolled in paper towels. Separate stems from leaves by holding leaves in one hand: pull up on stem. Tear or slice the kale into large, bite-size pieces and place onto baking sheets, single layer if possible.

Drizzle olive oil over the kale leaves and use your hands to toss and coat the leaves. Sprinkle evenly with Parmesan cheese. Bake for 8 to 12 minutes until leaves are crisp: touch with tongs to see if they crackle: they will cook faster with more cheese and olive oil. Serve warm and immediately. Note: Very brown kale leaves are bitter and overdone.

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### **INGREDIENTS**

- 1 (15 to 16 oz.) can each no salt added navy beans and black beans, rinsed and drained, Eden brand preferred
- 1 cup bottled well drained roasted red bell pepper strips
- 1 cup ripe cherry tomatoes, preferably organic, quartered
- 1 cup fresh fennel bulb, chopped fine
- 2 tablespoons fresh lemon juice (juice of 1/2 lemon); zest optional
- 1 tablespoon extra virgin olive oil, preferably organic Californian
- 1/4 teaspoon crushed red pepper flakes
- 6 cups fresh baby spinach, firmly packed
- 2 ounces toasted sliced almonds
- Chopped fresh fennel fronds (optional)

### **DIRECTIONS**

In a large bowl, combine beans, pepper strips, tomatoes, fennel, oil, lemon and pepper flakes, tossing to coat. Arrange spinach on four serving plates. Spoon mixture over spinach. Sprinkle almonds on each, and top with fresh fennel fronds, if desired.

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### **INGREDIENTS**

- 8 large medjool dates
- 8 smoked whole unblanched almonds
- 1 ounce cube manchego cheese, cut into 8 sticks

### **DIRECTIONS**

Heat oven or toaster oven to 250°F. Line a small baking pan with foil. Cut a lengthwise slit in each date; remove pit. Stuff one almond and one stick of cheese into each date; place on baking pan. Bake 8 to 10 minutes or until warm. Serve warm or at room temperature.

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