



COMMUNITY | HEALTH | CARE

## Super Broccoli Soup

### Ingredients

Food safe string or unflavored dental floss

3 bay leaves

Couple of sprigs each thyme and parsley

1 tablespoon extra-virgin olive oil

1 medium onion, chopped

4 stalks celery, diced

2 to 4 garlic cloves, to taste, chopped

2 16 oz bags of frozen broccoli florets, thawed

1-quart water or vegetable stock

Salt and freshly ground pepper to taste

1½ ounces spinach leaves or baby spinach (1 cup, tightly packed)

Optional Garnishes:

Grated parmesan

Shredded cheddar

Sour cream

### Directions

Make a bouquet garni by tying together bay leaves, thyme and parsley sprig

Heat the olive oil over medium heat in a large, heavy soup pot or Dutch oven. Add the onion and celery. Cook, stirring, until tender, about 5 to 8 minutes. Do not allow these ingredients to brown. Add a generous pinch of salt. Add the garlic and cook, stirring, until the garlic smells fragrant, 30 seconds to 1 minute.

Add the broccoli, water or stock, bouquet garni and bring to a boil. Turn down to a simmer and cook for 10 minutes partially covered, leave a small space for steam to vent.

Remove from heat, stir in the spinach. Add freshly ground pepper, taste and adjust salt as needed.

Using a hand blender, or in batches in a regular blender, purée the soup. If using a regular blender fill only halfway, leave center piece from lid and cover the top with a towel. Return to the pot and heat through, stirring. Adjust seasoning to taste with salt and pepper.

Top with shredded cheese if desired and enjoy!



## Kale Chips

### Ingredients

1 large bunch of kale  
1 tablespoon olive oil

½ teaspoon salt

### Directions

Preheat oven to 425 degrees. Clean the kale, remove tough stems and rip leaves into bite sized pieces. Kids can easily do this with their hands. No knife needed!

Thoroughly dry kale with clean dish towel and place in large bowl. Add olive oil and salt and toss to coat. You may need to do multiple batches.

Place kale on rimmed baking sheet and bake in 425-degree oven for 8 – 10 minutes or until kale starts to dry out and get crispy. Rotate pan halfway through.

## Pesto Pasta

### Ingredients

2 cups spinach, washed and dried  
2 cups basil, destemmed, washed, and dried  
2 garlic cloves finely grated or chopped  
¼ to ½ teaspoon kosher salt per taste  
¾ cup of extra virgin olive oil or more  
¾ cup grated Parmesan Reggiano  
½ cup walnuts or nut of your choice, toasted

Juice of 1 lemon  
2 cups frozen peas  
1 pound of whole wheat penne pasta  
1 teaspoon kosher salt  
2 tablespoon extra-virgin olive oil  
1 quart of cherry or grape tomatoes

### Directions

To toast walnuts/nuts: roast in a 350-degree oven for 7 to 10 minutes or roast in a skillet over medium heat for 2 to 5 minutes. Watch carefully.

Pick basil from stems, wash in several changes of cool water and dry with dish towels or in salad spinner. Wash spinach in several changes of cool water and dry with dish towels or in salad spinner.

Combine basil leaves, spinach, walnuts and garlic in a food processor and process until very finely minced.

While machine is running carefully drizzle in olive oil until mixture is smooth. Add less oil for a thicker version to be used as dip or a topping and more oil for a thinner version to be used as a sauce or dressing. Add juice of one lemon.

Add the cheese and process just enough to combine. Set aside. (Keeps in fridge for 2-3 days, can also be frozen for 4-6 months. Cover with plastic wrap directly on the sauce to prevent browning.)

Increase oven to 400 degrees. Toss tomatoes with olive oil and spread on baking sheet. Place in preheated oven for 20 minutes, until soft and starting to shrivel.

Place large pot of water on stove to boil. Once water is boiling add salt and pasta, cook for 9 minutes or per package instructions. Add frozen peas and cook for 1-2 more minutes.

Reserve some of the pasta cooking water before straining. Place strained pasta and peas back into pot. Add pesto. Carefully toss to combine using reserved cooking water to thin sauce as needed. Top with roasted tomatoes and additional parmesan cheese.