



Healthy Cooking Demo Recipes

Krunchy Kale Chips

- 1 bunch of kale
- 1 tbs olive oil
- ½ tsp of salt or seasoning blend

Preheat oven to 350 degrees. Rise kale leaves. With knife or kitchen shears separate leaves from stems and leave in bitesize pieces. Place in bowl, drizzle olive oil on top and mix so all pieces have olive on them. Sprinkle seasoning evenly. Place leaves on metal pan with no leaves touching each other. Bake until edges slightly brown, approximately 10 minutes.

Lemon Pepper Spice Chicken

- Chicken breast
- Salt-free lemon pepper seasoning blend
- Southwest seasoning blend
- ¼ cup of onions
- ¼ cup green onions (scallions)
- Olive oil

Slice the chicken into thin slices. Season generously with Lemon Pepper seasoning blend with dashes of southwest blend. Sauté onions for 1 minute and put in chicken. Cook approximately 4 minutes or until golden brown, over medium-high heat.

Chick Pea Spinach Salad

- 4 cups of spinach (tightly packed), whole or rough chop
- 1.5 cups or one 15 oz can of chick peas (low sodium variety), drained and rinsed
- 1 whole large red bell pepper (seeded w/ ribs removed), sliced
- ¼ cup green onion, finely chopped
- 1/3 cup olive oil
- ¼ cup fresh lemon juice
- 1 clove garlic, minced
- ½ tsp ground black pepper

In a large bowl combine spinach, chick peas, bell pepper, and green onion. In a separate bowl, mix together olive oil, lemon juice, garlic and black pepper; pour over spinach salad mixture (toss to evenly distribute ingredients).