

## Vinegar & Salt Crispy Potatoes

\*2 lbs. Yukon Gold potatoes, quartered \*1 cup white vinegar \*salt & pepper  
\*2 Tbsp. olive oil  
Preheat oven to 425°. In a large pot, combine potatoes, vinegar & 1 Tbsp. salt. Add enough water to cover potatoes. Bring to boil, then reduce heat to simmer until the potatoes are tender, about 20 minutes. Drain potatoes & pat dry with a clean towel. Divide cooked potatoes between two large rimmed baking sheets. Drizzle potatoes with olive oil, season with salt & pepper & toss to combine. Bake until golden & crispy, about 20 minutes.

### The danger of pesticides

It's hard to beat the flavor of a delicious apple. Not only do they taste great, but they are packed with the essential vitamins & minerals that your body needs to stay healthy. However, conventional apples are covered in pesticides. Pesticides are stored in your colon, where they slowly but surely poison the body. You may not realize this, but when you are eating a non-organic apple, you are also eating over 30 different pesticides that have been sprayed on the apple. Even if you wash a piece of produce, such as an apple, there are still many pesticides lingering on it & they could have seeped into the produce. Source: Green Science

## Potato Hash with Peppers & Onions

\*2 Tbsp. olive oil \*1 Tbsp. unsalted butter \*4-5 potatoes, peeled & cut into ½" cubes \*1 onion, diced \*1 red bell pepper, diced \*2 tsp. fresh parsley (optional) \*3 cloves garlic, minced \*salt & pepper \*¼ cup Parmesan cheese

Preheat the oil & butter in a large nonstick skillet over medium heat. Add potatoes, toss to coat with oil & place a lid on the pan. Allow the potatoes to cook covered for 10 minutes. Remove the lid & increase the heat to medium high. Add onion & bell pepper. Cook for 15 minutes, stirring occasionally, until the potatoes & vegetables turn golden brown. Add the parsley (optional) & garlic; cook for 2 minutes. Season with salt & pepper. Sprinkle with Parmesan & serve immediately.

**Chinese Stir-Fry Sauce** (Stir-fry broccoli, carrots & red peppers & prepare rice. Combine & top with this sauce. Yum!)

\*¼ cup light soy sauce \*¼ cup all-purpose soy sauce \*½ cup oyster sauce \*¼ cup Chinese wine \*¼ cup cornstarch \*1 Tbsp. sugar \*2 Tbsp. sesame oil \*1-2 tsp. ground white pepper

Combine ingredients in a jar & shake to combine. Store in fridge & shake before use.

## Kale Pasta with Roasted Broccoli & Bell Pepper

**Roasted Vegetables:** \*1 bunch broccoli, sliced into bite sized pieces \*1 pepper, sliced into 1 inch squares \*1 Tbsp. olive oil \*salt

**Kale Pasta:** 8 ozs. whole wheat Linguine or spaghetti \*2 Tbsp. olive oil \*½ cup chopped onion \*¼ tsp. salt \*¼ tsp. Red pepper flakes \*2 cloves garlic, minced \*12 ozs. chopped kale \*2 Tbsp. balsamic vinegar \*1 Tbsp. lemon juice \*1 Tbsp. butter or olive oil \*optional: ¾ cup grated Parmesan cheese \*pepper to taste

For the roasted veggies, preheat oven to 400. Line a large baking sheet with parchment paper. Place broccoli & peppers on baking sheet & drizzle with 1 Tbsp. olive oil & toss until coated. Sprinkle with salt, arrange in an even layer & bake about 25 minutes, tossing halfway. As veggies are cooking, bring a large pot of salted water to a boil. Cook pasta until al dente (see pkg. directions). Reserve 1 cup of the pasta water, drain the pasta & return to the pot. In a large Dutch oven over medium heat, warm 2 Tbsp. olive oil until simmering. Add onion, ¼ tsp. salt & ¼ tsp. red pepper flakes. Cook, stirring frequently, until onions are translucent; about 3-5 minutes. Add garlic, stir constantly & add several large handfuls of kale at a time until they have wilted. Repeat using all the kale. Once kale has reduced a bit but is still bright green in parts, pour in balsamic vinegar & remove pot from heat. In the Dutch oven combine the roasted veggies, cooked pasta & kale mixture. Add lemon juice, butter or oil & optional Parmesan cheese. Drizzle in 1/3 cup reserved pasta cooking water & gently toss to coat. Season to taste with salt & pepper.



## Baked Kale Chips

\*1 bunch kale \*1 Tbsp. olive oil \*1 tsp. seasoned salt  
Preheat an oven to 350. Line a non-insulated cookie sheet with parchment paper. With a knife carefully remove the leaves from the thick stems & tear into bite size pieces. Wash & thoroughly dry kale with a salad spinner. Drizzle kale with olive oil & sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes. Watch them carefully.



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