



# WT Wild Thyme Catering

## February 14<sup>th</sup> Cooking Demo Recipes

### Blackberry Purple Kale Smoothie

#### Ingredients:

4 Large Leaves -- Purple Kale  
½ Cup Blackberries  
½ Cup Blueberries  
1 Tablespoon of Lemon Juice  
3 Tablespoons of Honey  
1 Cup of Ice

#### Directions:

1. Blend ingredients together in a blender until desired consistency is reached. Add ice if desired.

### Tomato and Radish Salad

#### Ingredients:

Pint of Cherry Tomatoes (sliced in half)  
Pint of Radishes (thinly shaved)  
Basil (chopped)  
1 Tablespoon of White Balsamic Vinegar  
3 Tablespoons of Extra Virgin Olive Oil  
Organic Mixed Greens  
Feta Cheese (as desired)  
Candied Walnuts (garnish)

#### Directions:

1. Marinate the cherry tomatoes, radishes, and chopped basil in white balsamic vinegar and extra virgin olive oil.
2. Place over your favorite organic mixed greens and add feta cheese—crumbled.
3. Garnish with candied walnuts if desired.

### Kale Chips

#### Ingredients:

*Kale Leaves Washed and Fully Dried*  
*Extra Virgin Olive Oil*  
*Sea Salt*

#### Directions:

1. Wash and Dry Kale Leaves.
2. Place on baking sheet with parchment paper lining. Coat lightly with Extra Virgin Olive Oil.
3. Bake at 300° for 20-25 minutes until the edges look golden brown.
4. Sprinkle with sea salt and enjoy!

Can be stored up to a week in an air tight storage container)