**Baked Kale Chips**

**INGREDIENTS**

- **1 bunch** Kale (curly kale or purple kale)
- **1 tbsp** Olive Oil or Coconut Oil
- **Seasoning of choice** (sea salt, smoked paprika, curry powder, nutritional yeast)

**DIRECTIONS**

1. **Pre-heat oven to 300F.**
   
   Take leaves off the stem of kale, then tear the leaves into pieces. Wash and dry the kale leaves.

2. In a **large mixing bowl**, add kale leaves, oil, and **seasoning of choice** (optional).
   
   **Toss** the leaves, and **massage** them to be sure they are completely coated.

3. On **two large baking trays**, spread the **coated kale leaves** in a single layer.
   
   Bake for **10 minutes**, rotate, trays, then bake for 10 to 12 more minutes until chips are dry, crispy, and evenly baked.

   ! Careful of burning near the end !

4. Remove from oven and leave them on the baking tray for a **few minutes** to cool and get more crispy!
Mushroom Chips
Have an adult help you make this DELICIOUS and EASY dish!

### INGREDIENTS
- 1 pound (35-40) Shiitake Mushrooms
- 1/3 cup Olive Oil
- 1 tsp Salt

### DIRECTIONS
1. Pre-heat oven to 375F.
   - Rinse mushrooms with water, then de-stem.
   - EASY WAY TO DE-STEM! Flip mushroom over, hold firmly in palm, and gently push stem with thumb. It should pop right off!

2. Cut the mushroom caps into thin slices. Move them onto a baking sheet.
   - Drizzle with olive oil and mix to be sure they are evenly coated. Then, sprinkle with salt.

3. Roast for 20 to 30 minutes or until crispy, stirring once or twice in oven.
   - Let cool, then ready to serve!

### PREP TIME
5 minutes

### COOK TIME
25 minutes

### TOTAL TIME
30 minutes

### DID YOU KNOW?
Shiitake mushrooms ACTIVATE your IMMUNE SYSTEM!
Green Smoothie

Have an adult help you make this DELICIOUS and EASY dish!

**INSTRUCTIONS**

**PREP TIME** 5 minutes  
**TOTAL TIME** 5 minutes  
**SERVES** 2

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>Spinach or Kale</td>
</tr>
<tr>
<td>1</td>
<td>Banana (frozen)</td>
</tr>
<tr>
<td>1</td>
<td>Apple</td>
</tr>
<tr>
<td>1</td>
<td>Kiwi</td>
</tr>
<tr>
<td>1 handful</td>
<td>Blueberries (roughly 35g)</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Chia Seeds</td>
</tr>
<tr>
<td>½ cup</td>
<td>Liquid Base (Milk, water, non-dairy milk, cannellni beans, etc.)</td>
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</tbody>
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**DIRECTIONS**

Place all ingredients into the blender.

Blend on high speed until smooth.

Serve straight away!

**FIND MORE FUN ACTIVITIES**

**POP KIDS CLUB**

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10am-2pm Saturdays June-October
**Watermelon Cucumber Salad**

Have an adult help you make this DELICIOUS and EASY dish!

**DIRECTIONS**

1. Cut watermelon into 1/2 inch cubes.
2. Cut cucumber into slices, then half moons.
3. Tear mint leaves into strips.
4. In a large bowl, combine watermelon, cucumber, lime juice, and mint.
5. Sprinkle with feta cheese and salt.

**TOTAL TIME** 30 minutes

**COOK TIME** 25 minutes

**SERVES** 4

**PREP TIME** 5 minutes

**INGREDIENTS**

- 1/2 Seedless Watermelon
- 1 Cucumber
- 1 tbsp Lime juice (freshly squeezed)
- 5 Mint leaves mint
- 1/4 cup feta cheese
- 1 pinch Sea Salt

**FIND MORE FUN ACTIVITIES**

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10am-2pm Saturdays June-October
**Zucchini Fritters**

Have an adult help you make this DELICIOUS and EASY dish!

**DIRECTIONS**

1. Shred zucchini. Wash zucchini, cut off ends, slice and scoop out seeds, then shred with a grater.
2. Place shredded zucchini in a colander and sprinkle lightly with salt.
   - After 10 minutes, squeeze excess liquid from zucchini.
   - In a large bowl, add the zucchini, flour, eggs, sliced scallions, and a sprinkle of salt and pepper. Stir until combined.
3. Add olive oil to large pan over medium heat. Once the oil is hot, scoop 3 spoonfuls of zucchini mixture into the pan.
   - Press them lightly into rounds, keeping them at least 2 inches apart.
   - Cook fritters for 5 minutes, flipping halfway through. Fritters are done when golden brown and cooked throughout.
   - Place cooked fritters on a paper towel and sprinkle salt on top.
   - Repeat with the rest of the zucchini mixture.

**INGREDIENTS**

- 4 Medium Zucchini
- 2/3 Cups All-Purpose Flour
- 2 Large Eggs, lightly beaten
- 1/3 Cup Sliced Scallions (green and white parts)
- 2 Tablespoons olive oil
- Sour cream or Greek yogurt, for serving (optional)