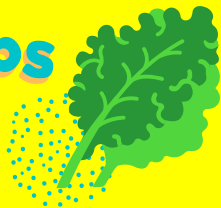


Baked Kale Chips



PREP TIME

5 minutes

COOK TIME SERVES

25 minutes

4

TOTAL TIME

30 minutes

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!

FIND MORE
FUN ACTIVITIES



POP KIDS
CLUB

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10am-2pm
Saturdays
June-October

Mushroom Chips

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



PREP TIME

5 minutes

COOK TIME SERVES

25 minutes

4

TOTAL TIME

30 minutes

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!

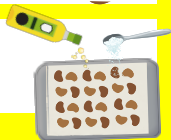
Flip mushroom over, hold firmly in palm, and gently push stem with thumb. It should pop right off!

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!



DID YOU KNOW?



Shiitake mushrooms
ACTIVATE your
IMMUNE SYSTEM!



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10am-2pm
Saturdays
June-October

Green Smoothie

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



PREP TIME

5 minutes

TOTAL TIME

5 minutes

SERVES

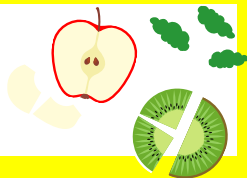
2

PREP

Wash **spinach/kale**.

Core and chop **apple**.

Peel and chop **kiwi**.



INGREDIENTS

2 cups Spinach
or Kale

1 Banana
(frozen)

1 Apple

1 Kiwi

1 handful Blueberries
(roughly 35g)

1 tbsp Chia Seeds

½ cup Liquid Base
(Milk, water, non-dairy
milk, cannellini beans, etc.)

DIRECTIONS

Place **all ingredients** into the blender.

Blend on high speed until smooth.

Serve straight away!



FIND MORE
FUN ACTIVITIES



POP KIDS
CLUB

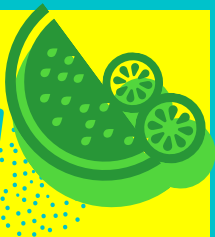
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10am-2pm
Saturdays
June-October

Watermelon Cucumber Salad



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

PREP TIME
5 minutes

COOK TIME SERVES
25 minutes 4

TOTAL TIME
30 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

DIRECTIONS

1

Cut watermelon into 1/2 inch cubes.



Cut cucumber into slices, then half moons.



Tear mint leaves into strips.



2

In a large bowl, combine watermelon, cucumber, lime juice, and mint.



Sprinkle with feta cheese and salt.

Ready to serve!



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!



PREP TIME

5 minutes

DIRECTIONS

COOK TIME SERVES

25 minutes

4

TOTAL TIME

30 minutes

1

Shred zucchini.

Wash zucchini, cut off ends, slice and scoop out seeds, then shred with a grater.

Slice tops of scallions.
Lightly beat eggs.



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)"



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