

Mega-mazing Veggie Pack

Serves 4

Serving Size: ¾ cup

Ingredients:

6 oz. kale leaves (about 1 bunch), torn or cut into large pieces
2 red bell peppers, seeded and chopped
One 8-oz. can sliced water chestnuts, drained
1/4 cup sweet Asian chili sauce
1 tbsp. seasoned rice vinegar
1 tsp. chopped garlic
1/8 tsp. black pepper



Directions:

Preheat oven to 375 degrees. Lay an extra-large piece of heavy-duty foil on an extra-large baking sheet and spray with nonstick spray.

Lay kale pieces in the center of the foil. Evenly top with bell peppers and water chestnuts. Set aside.

In a small bowl, combine chili sauce, rice vinegar, and garlic. Mix well. Evenly drizzle over the veggies.

Place another extra-large piece of foil evenly over the baking sheet. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet.

Bake in the oven for 20 minutes, or until veggies are tender.

Allow packet to cool for a few minutes, and then cut to release steam before opening it entirely. (Careful -- steam will be hot.)

Transfer to a large bowl or plate. Sprinkle with black pepper, and mix well. Serve and enjoy!

MAKES 4 SERVINGS

Nutrition Information: (Per Serving)

4 Servings

90 calories

1 g fat

20 g carbohydrate

2 g protein

Recipe from:

<http://www.hungry-girl.com/weekly-recipes/show/2051-healthy-foil-pack-recipes-cod-and-bok-choy-pack-veggie-pack-cherry-bbq-chicken-pack>

10 Benefits of Kale

- 1. Great for DIGESTION and DETOXIFICATION.** Low-calorie, high in fiber, high in nutrients, zero fat. One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat.
- 2. High in IRON.** Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more.
- 3. High in VITAMIN K.** This is good for the bones, blood and brain and more.
- 4. ANTIOXIDANTS.** Contains carotenoids and flavonoids which can help protect against various cancers.
- 5. ANTI-INFLAMMATORY.** One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help, fight against arthritis, asthma and autoimmune disorders.
- 6. Good for your HEART.** Eating more kale can help lower cholesterol levels.
- 7. High in VITAMIN A.** Good for your eyes, skin, lungs and more.
- 8. High in VITAMIN C.** Essential for your joints, immune system, metabolism and hydration
- 9. High in CALCIUM.** Per calorie, kale has more calcium than milk (that's right kale does your body good), which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism.
- 10. Good for your LIVER.** The fiber and sulfur, are great for detoxifying your body and keeping your liver healthy.