

Protein Rich

“By adding peanuts it is easy to make a protein-boosting smoothie, energy-rich waffles, better-for-you burgers, and crunchy kale chips without a lot of salt.

Serves 4

- 1 10-ounce bunch curly kale, stems trimmed
- Cooking spray
- 1/2 cup unsalted, dry roasted peanuts, finely chopped
- 1/4 cup ground flax seed, golden or brown
- 1/2 teaspoon low sodium jalapeño or chipotle seasoning or 1/4 teaspoon salt
- 2 egg whites

Preheat oven to 400°F.

Rinse kale under cold water. Dry well with paper towels or dry dish towel.

Coat two baking sheets with cooking spray.

Place peanuts, ground flax and seasoning or salt on sheet of wax paper. Mix with your fingertips.

Place egg whites in large bowl and whisk until foamy with a wire whisk, about 10 seconds. Dip edges of kale leaves into egg then press into peanut mixture. Transfer kale leaves to baking sheets; spread out so leaves aren't touching. Coat tops of leaves with a layer of cooking spray.

Bake 10 to 12 minutes, until leaves crisp and peanuts are golden. Cool 1 minute before serving.

Serves 4, makes 8 waffles

- 1 cup whole wheat pastry flour
- 1 cup peanut flour
- 3 tablespoons granulated sugar
- 1 tablespoon baking powder
- 4 egg whites
- 1/4 teaspoon salt
- 2 cups skim milk
- 1/2 cup unsalted, dry roasted peanuts, finely chopped
- 1 cup fresh or frozen blueberries

Preheat waffle iron according to manufacturer's instructions.

Place egg whites in large bowl along with salt. Using an electric mixer, beat egg whites on high about 1 minute until fluffy and cling to bowl.

Coat inside of waffle iron with cooking spray. Place a heaping 1/2 cup mixture onto waffle iron, spreading it out slightly with rubber spatula. Top with 2 tablespoons blueberries and close the lid. Cook for 3 to 4 minutes, until waffle is cooked through but still soft to the touch. Transfer to plate. Repeat with remaining batter.

For more nutrition information and delicious ways to stay energized, visit www.nationalpeanutboard.org.

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