

# Kale



Kale is a very nutritious leafy green vegetable. It is a member of the cabbage family, and is similar to collard greens or other greens.

## Nutritional value:

This food is low in saturated fat, and very low in cholesterol. It is a good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper and Manganese.

## How to prepare kale:

Kale can be used in the place of spinach or other greens in your favorite recipes. Cut away the tough stems of the kale and discard. Chop the leaves into bite-sized pieces and steam for 5-10 minutes. Season with salt, pepper, and lemon juice for a tasty, nutritious side dish.

## Storage and handling:

Wrap kale in a damp towel or in a plastic bag and refrigerate, preferably in crisper drawer, for up to 1 week. Leaves will droop if allowed to dry out. Plunge in cold water for 10 minutes to rehydrate.

To freeze:

1. Wash, separate from stem, and drop up to 1 pound of leaves in boiling water; cook (blanch) for 2 minutes.
2. Rinse in cold water to stop the cooking and drain.
3. Pack into airtight containers such as zip-lock freezer bags.

Use the frozen kale in soups or sautéed dishes after thawing.



## Kale Recipes

### Sautéed Kale

- ◆ 1 tablespoon olive oil
- ◆ 2 garlic cloves, thinly sliced
- ◆ 1 large bunch kale, washed, thick ribs removed, and leaves roughly chopped
- ◆ 1/4 cup water
- ◆ 1/4 teaspoon salt

In a skillet, heat the olive oil over medium heat. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the kale, water, and teaspoon salt. Cook, tossing the kale until kale is tender, 5 to 7 minutes.

### Kale Chips

- ◆ 1 bunch kale
- ◆ 1 tablespoon extra-virgin olive oil
- ◆ 2 teaspoons vinegar (optional)
- ◆ 1 teaspoon salt

Wash kale, remove stems, and cut or tear into bite-sized pieces. Dry kale completely, either with a salad spinner or using a clean, soft dish towel.

Heat oven to 350 degrees. Line a large baking sheet with parchment paper.

Place kale in a large bowl, drizzle with olive oil, and toss until the chips are evenly coated. Add vinegar (if using) and toss again. Place kale on baking sheet in a single layer.

Bake for 10 minutes or until the chips are just crisp. (Be careful not to over-bake; kale chips burn easily.)

Remove from oven. Season with salt and serve immediately. Store any leftovers in an airtight container.