

## Nutrition Facts:

Kale is packed with:

Vitamin C for **fighting infections and healing.**

Vitamin A for **healthy eyes and skin.**

Vitamin K for **healthy blood.**

Calcium and Magnesium for **healthy bones and muscles.**

Zinc and Iron for **healthy blood.**

As well as other compounds to help your body be overall healthy and fight infections, improve the immune system, and protect many important organs in your body.

### Easily Add Kale To:

- Salads
- Any soup
- Any stew
- Beans
- Rice dishes
- Any pasta dish
- Burritos
- Scrambled Eggs
- Chili

Just toss chopped kale in with the dish while it's cooking! So easy!

# KALE A SUPERFOOD



3 Varieties:

Red Russian

Dinosaur

Curly

### Varieties of Kale:

Kale has many varieties but the three most common are shown above.

Dinosaur and Curly kale are the most popular in grocery stores and recipes.

### Texture:

Curley kale offers a crunchy, rough texture which is great for soups and casseroles.

Dinosaur, with its smooth leaves, is more tender and is great for salads!

### Flavor:

Kale has a similar flavor as broccoli, cabbage, cauliflower and Brussels sprouts as they are all in the same species. Kale usually has a deep, rich, slightly bitter, and earthy taste. Adding lemon or vinegar can help decrease bitterness in both cooked and raw kale.

Kale is one of the most wonderfully **nutritious** vegetables you can put in your body! This leafy vegetable has been known to:

lower cholesterol  
lower cancer risk  
protect your heart  
protect your eyes  
lower blood sugar

improve digestive health

as well as improve your body's natural defense system to fight of disease and infection!



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## HOW TO:

**Blanch:** This method of cooking helps reduce bitter flavors and tenderize the leaves. Blanch kale if adding to salads or for a faster sauté. Boil a medium pot of water, add kale (cut or whole), boil for 1-2 minutes, drain, and rinse under cold water.

**Braising:** This sounds fancy but is really easy to do. In a medium skillet add cut kale (best to use large chunks) to just enough vegetable/meat stock or broth to cover most of the leaves. Cook on low/med-low for 15 mins or until kale is tender. Sprinkle with salt.

**Store:** Kale should be stored in the refrigerator loosely wrapped in plastic. Don't wash your kale first as this can speed up wilting.

Prepared by Hopelink Volunteers

### References:

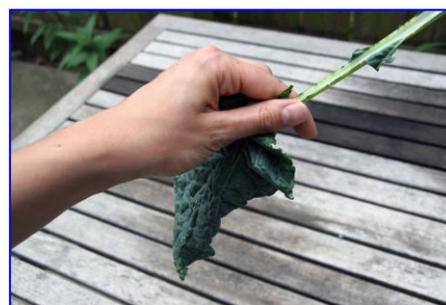
1. Photo: cutting kale: [www.ourtrendytable.com](http://www.ourtrendytable.com)
2. Photo: removing leaves: [newpieats.newpi.coop](http://newpieats.newpi.coop)
3. George Mateljan Foundation. Kale. [www.whfoods.com](http://www.whfoods.com)
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# How To Prepare KALE



1. Wash first!
2. Remove leaves by cutting along the rib.
3. Chop the leaves for adding to most dishes.

You can also hold the rib at the base and pull the leaves off with your hand. ↓



**Spice it up with:** lemon, avocado, garlic, salt, pepper, balsamic vinegar, and nuts. Use one or two of these seasonings to pump up the flavor of your dish.

## Garlic Kale with Beans

### Ingredients:

- 1 ½ tablespoons oil (olive works best, but any will do)
- 1 small red onion, chopped
- 3 garlic cloves, crushed and chopped OR 1 teaspoon garlic powder
- 2 bunch kale, chopped in large chunks (see directions above)
- 1 can beans (white beans work best but garbanzo, kidney, lima, or butter beans will work too)

1. In a large frying pan, heat the oil over medium heat.
2. Cook onion in oil until soft.
3. Add the crushed garlic cloves OR powdered garlic, and cook a minute more.
4. Stir in chopped kale, and season with salt to taste.
5. Partially cover the pan, and cook until the greens begin to wilt (3-5mins).
6. Stir in beans. Cook partially covered for 5 more minutes, until the flavors have combined and the greens are tender.

This is great as a side dish or as a light lunch. Chopped fresh tomatoes, crispy bacon, pumpkin seeds, walnuts, parmesan cheese OR a squeeze of lemon is great on top!



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