

What's Fresh:

Kale



It's naturally good!

- ◆ Rich in vitamins A, C & K
- ◆ Excellent source of dietary fiber, calcium, iron & potassium
- ◆ 1 raw cup = 1 serving of veggies

Storage Tips:

Do not wash until ready to eat.
To keep kale fresh, refrigerate in an unsealed plastic bag.
Use within 3-5 days.

Show your kale some love...



Massage it!

Before using in salads and coleslaws:

Put cut up kale into a bowl and massage the dressing into the leaves by grabbing it by the handful and squeezing for a few seconds.

Continue to 1-2 minutes until kale is tender and bright.

Preparation Tips:

- ◆ Wash kale before using: submerge in cold water, then rinse and dry.
- ◆ Remove the tough stems by cutting along the edges. Or, hold the stem and tear off the leaves with your hands.
- ◆ Cut or tear the leaves into bite-size pieces.
- ◆ Kale doesn't take long to cook. It is done when it turns bright green.

Try eating kale raw!

- ◆ Kale makes a great salad green! Use kale the same way you would lettuce or spinach.
- ◆ Try kale in coleslaw. Slice the leaves thinly. Mix with grated carrots & cabbage
- ➔ Try this dressing: 3 TBSP oil + 3 TBSP vinegar + 1 TBSP sugar/honey + 1/4 TSP S&P
- ◆ Throw kale in a smoothie! Start with 1 or 2 leaves, then add more according to taste.
- ➔ Try this: 1 banana + 1 chopped apple + 1/2 cup OJ + 1-2 leaves kale + handful of ice



How to cook with kale:

- ◆ Sautee it. Heat 2 Tablespoons of oil in a pan over medium heat. Add 2 cloves of minced garlic; cook for 1 minute. Add chopped kale leaves and cook, stirring frequently, for 5 minutes. Season with salt & pepper.
For extra flavor, add a dash of vinegar or lemon juice at the end!
- ◆ Make kale chips. A healthy alternative to potato chips. See recipe on the back!
- ◆ Add to omelets, frittatas, and scrambled eggs.
- ◆ Add to soups, stews and stir-fries. Kale can become bitter when overcooked, so add kale towards the end of cooking.



See more recipes on the back ➡



Make it a meal!

RECIPES

Easy Kale Chips

Ingredients:

- 1 bunch kale (about 4 chopped cups)
- 2 Tablespoons canola, vegetable or olive oil
- 1/4 teaspoon salt

Additional optional seasonings: 1/4 teaspoon black pepper; 1/2 teaspoon garlic or onion powder; 1 teaspoon chili powder or curry powder; 3 Tablespoons parmesan cheese

Directions:

1. Preheat oven to 275°F. Line a baking sheet with parchment paper (optional).
2. Wash and dry greens. Remove stems. Tear leaves into bite-size pieces (about 1 1/2 inches).
3. Place leaves in a bowl and toss with oil. Coat kale with oil using your hands.
4. Arrange leaves into a single layer on the baking sheet. Bake, turning the leaves halfway through, about 20 minutes. Serve as finger food!

Kale & Apple Salad

Ingredients:

- 1 bunch of kale (about 4 chopped cups)
- 1/2 cup raisins or cranberries
- 1 apple, chopped
- 1/4 cup finely chopped onion
- 1/4 cup shredded or crumbled cheese (optional)
- 1/2 cup chopped pecans or walnuts (optional)
- 3 Tablespoons canola or olive oil
- 1 1/2 Tablespoons lemon juice or vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon Dijon mustard (optional)
- 1 teaspoon honey or sugar (optional)

Directions:

1. In a large bowl, whisk together oil, vinegar/lemon juice, salt, pepper, mustard and honey/sugar (if using).
2. Remove stems from kale and pat dry. Chop the kale into bite size pieces.
3. Place kale in a large bowl. Pour half the dressing over the kale and coat the leaves by “massaging” them with your hands (squeezing it gently by the handful) at least 1 minute. Let stand 10 minutes.
4. Add dried fruit, chopped fruit, onion, nuts (if using) and cheese (if using).
5. Pour remaining dressing over salad and toss well to combine. Serve immediately.

Notes: Add any veggies you like! Try shredded carrot, diced bell pepper or chopped tomato. For extra protein, add a cup of beans or a can of chicken. Make this dish heartier by mixing in a cup of cooked whole grains like brown rice, barley, or quinoa.

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