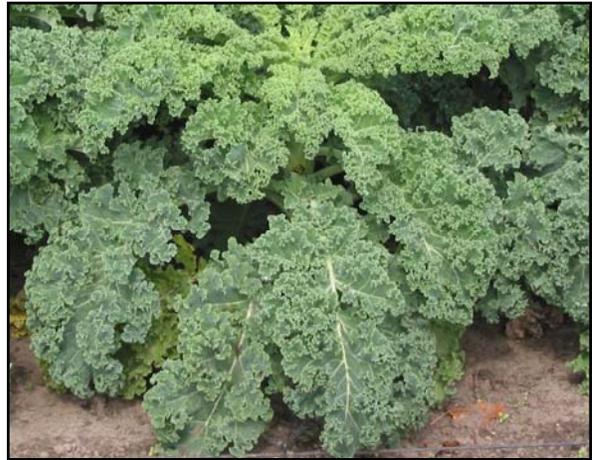


# ABOUT KALE

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*Kale is a nutritional powerhouse and is a member of the Brassica family that includes cruciferous vegetables such as cabbage, collard greens, broccoli, and Brussels sprouts. It is usually grown during the cooler months in the foothills. One cup of kale contains only 36 calories, but is an excellent source of vitamins A, C, and K. It is also a good source of the minerals copper, potassium, iron, manganese, and phosphorus.*



## **Choose:**

- ◆ Firm, deeply colored leaves and moist hearty stems
- ◆ Kale with smaller-sized leaves are more tender and have a mild flavor

## **Avoid:**

- ◆ Wilted leaves with signs of browning, yellowing, and small holes.

## **Storage:**

Store in a plastic bag with as much air removed as possible in the refrigerator. Do not wash before storing; water causes spoilage.

## **Serving Tip:**

- ◆ Kale is great chopped and added to soups, scrambled eggs, or pasta salad.



## Kale Chips



Yield: 4 servings  
Time: 40 minutes

### Ingredients

1 large bunch of kale  
1 tablespoons extra-virgin olive oil  
Salt, to taste

### Directions

1. Preheat an oven to 300°F.
2. Cut away inner ribs from each kale leaf and discard; tear the leaves into bite-size pieces. Wash torn kale pieces and spin dry in a salad spinner or dry with paper towels until they're very dry.
3. Put the kale pieces into a large bowl. Drizzle with olive oil and mix until all kale pieces are evenly coated. A clean pair of hands works best for this job.
4. Spread the leaves evenly onto a baking sheet.
5. Bake in the preheated oven until mostly crisp, about 20-30 minutes. Check half way through cooking rearrange as necessary.
6. Season with salt and serve immediately.



Include your young ones in preparing this recipe by having them rub the oil onto the kale with their hands until leaves are well coated.

Notes: \_\_\_\_\_

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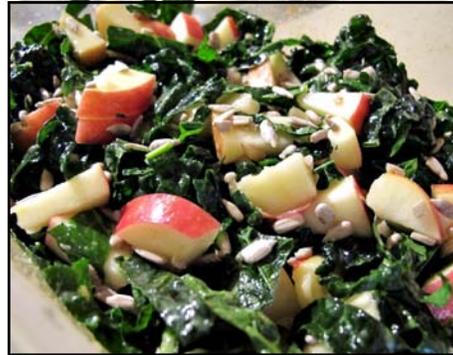
# KALE

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## Marinated Kale Salad

Yield: 4 servings  
Time: 30 minutes



### Ingredients

- 1 bunch kale, stalks removed and leaves sliced into strips
- 1 lemon, juiced
- 2 tablespoons olive oil (preferred) or vegetable oil,  
plus a little extra if needed
- Salt, to taste
- 2 tablespoons honey
- Freshly ground black pepper
- 1 apple, diced small (about 1 cup)
- Small handful of sunflower seeds, about 2 rounded tablespoons

### Directions

1. In a large serving bowl, add kale, half of the lemon juice, a drizzle of oil, and a little salt. Massage until the kale starts to soften and wilt, 2–3 minutes. Set aside while you make the dressing.
2. In a small bowl, whisk remaining lemon juice with the honey and black pepper. Stream in remaining oil while whisking. Taste the dressing to be sure it has a balanced flavor. Pour dressing over kale and add the apples and sunflower seeds. Let set in the refrigerator for at least 20 minutes and toss again before serving.

Notes: \_\_\_\_\_



You can have your young ones help out with this recipe by having them rub the oil onto the kale leaves and then add the salt and lemon.