

# Kale



**Selection** - Choose dark leaves without brown or yellow spots.

**Storage** - Store in the refrigerator, close to the bottom (stays fresh for 3-5 days).

**Nutrition** - Calcium in kale supports healthy bones and teeth.

## 3 EASY WAYS TO USE KALE

- To sauté kale, remove the hard stems of the kale and chop. In a large pan, heat olive oil and add chopped kale. Add garlic and crushed red pepper flakes. Cook about 10-15 minutes total. Serve as a side dish or combine with beans and rice for a meal.
- To make kale chips, remove kale leaves from stalk and place in bowl. Toss leaves in olive oil. Place on baking sheet and sprinkle with garlic and onion powder. Bake for 5-10 minutes at 325 degrees, stir and bake 10-15 minutes more. Watch closely as leaves can burn easily.
- Kale can be added to soups, eggs or pasta. Add raw chopped kale (with stems removed) for the last 10-15 minutes of cooking.

## Ingredients

- 8 cups kale (or other greens)
- 2 teaspoons vegetable oil
- 2 large carrots, peeled and cut in thin strips or coarsely shredded
- 1 clove garlic, chopped or 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon ground coriander (optional)
- 1 pinch cayenne pepper (optional)
- 1 tablespoon vinegar
- 1 1/2 teaspoons low-sodium soy sauce

## Directions

1. Wash kale and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
2. Heat oil in large pan over medium-high heat (350 degrees in an electric skillet).
3. Add carrots and stems, if separated; cook for 2 minutes. Add garlic and cook for 1 minute.
4. Add kale, salt, pepper, coriander and cayenne, if desired. Stir often.
5. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.
6. Cooked brown rice or cooked quinoa go well with this recipe.

