



Kale

The Health Benefits of Kale

Kale is one of the most nutritious foods we can eat. It is rich in powerful antioxidants that protect against cancer and heart disease.

One cup raw or 1/2 cup cooked kale provides:

- 34 Calories, 2 gm protein, 1.3 gm fiber, .5 gm fat, no cholesterol

Nutrients in Kale

- High in vitamins C and K, which protect against free radicals, improve blood flow and fight inflammation; high beta-carotene supports eye and skin health
- Great source of sulforaphane that helps prevent cancer
- High in magnesium and potassium that regulate blood pressure and maintain heart rhythms; raw kale supports healthy arteries
- Sprinkle curly kale with lemon juice and massage until it is half its volume and bright green. This makes the leaves tender and removes any bitterness; Russian kale is already sweet & tender

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

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Give Your Family More of the Good Stuff!



\$hop and \$ave

- Look for fresh kale with dark green, small to medium leaves.
- Avoid wilted or discolored brown or yellow leaves.
- Kale is available all year. Because it grows well in cooler months it is often available fresh when other produce is not.
- Frozen kale is easy to keep on hand and may be an economical, time-saving option. Check the 'best by' date to see how long it will keep.

Kale Basics

*Kale is rich in vitamins,
minerals and fiber
for a healthy body.*



Types of Kale

Curly kale – most common type available; bright green leaves are tightly ruffled and stem is fibrous. Flavor is peppery, and can sometimes become quite bitter.



Lacinato kale (dinosaur kale) – dark mottled green leaves are long, flat, puckered spears with firm texture and tough stems. Flavor is earthy, slightly sweet and nutty. It is less bitter than curly kale.



Russian red kale – red-tinged green leaves are flat and resemble oak leaves. Thick, reddish-purple stems are very fibrous and generally not eaten. Flavor is sweet and delicate with a hint of lemon and pepper.



Baby kale – any type harvested very young while the stems are thin and the leaves are tender; tends to be less bitter and fibrous.



Store Well Waste Less

- Refrigerate kale in an open or perforated plastic bag for 3-5 days. Flavor becomes stronger and more bitter as kale is stored.
- Wash kale just before using. Storing it wet can speed spoilage.
 - Fill a large bowl with cool water and swish loose leaves around.
 - Let the leaves sit in the water to allow the dirt to settle.
 - Lift the leaves from the water. Drain and rinse bowl.
 - Repeat these steps until there is no grit on the bottom of the bowl.
 - Pat leaves dry if needed.
- For best quality, kale is blanched (cooked briefly) before freezing. Use within 1 year.

Cooking with Kale

Quick Fix

- ✿ Substitute kale for spinach in raw or cooked recipes.
- ✿ Add to stir-fry recipes, pastas, sautéed vegetables, soups or smoothies.
- ✿ Use kale raw in salads or on sandwiches.
- ✿ Roast it in the oven for kale chips.

Kale and White Bean Soup

Ingredients:

- 1 cup **onion**, chopped
- 4 cloves **garlic**, minced or 1 teaspoon **garlic powder**
- 1 Tablespoon **butter** or **margarine**
- 2 cups **broth** (chicken or vegetable)
- 1½ cups cooked **white beans**
(1 can -15.5 ounces, drained and rinsed)
- 1¾ cups diced **tomatoes** (1 can -14.5 ounces with juice)
- 1 Tablespoon **Italian seasoning**
- 3 cups **kale**, chopped (fresh or frozen)

Directions:

1. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
2. Add broth, white beans, and tomatoes; stir to combine.
3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes: about 5 cups

Prep time: 15 minutes

Cook time: 15 minutes

Go to
FoodHero.org
for a great
Crunchy Baked
Kale Chips
recipe.

Kale Dip

Ingredients:

- 1½ teaspoons **oil**
- 1 clove **garlic**, minced or ¼ teaspoon **garlic powder**
- 3 cups **kale**, thinly sliced
- ⅛ teaspoon **salt**
- 1 cup low-fat **cottage cheese**
- ½ teaspoon **red pepper flakes** or
¼ teaspoon **cayenne pepper**
- 1 Tablespoon **lemon juice**

Directions:

1. Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
2. Transfer kale to a blender. Add cottage cheese and puree until smooth.
3. Season with red pepper flakes and lemon juice.
4. Refrigerate leftovers within 2 hours.

Note: No blender? Make a chunky version! Finely chop kale and garlic before cooking. Mash dip with fork.

Makes: about 1½ cups

Prep time: 10 minutes

Cook time: 5 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ wash kale in a deep bowl of water.
- ✿ strip the leaves off the stem.
- ✿ measure and mix ingredients.

Massaging raw kale helps soften the leaves and reduce bitterness. Squeeze it with your hands in a bowl or plastic bag.