



# 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](http://www.advancedhealth.com/healthy-bytes-initiative)

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# Give Your Family More of the Good Stuff!



## Shop and Save

- 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.

## 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.



## Kale Basics

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



**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

## 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

Go to [FoodHero.org](http://FoodHero.org) for a great Crunchy Baked Kale Chips recipe.



**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.