

Kale

Kale is a cruciferous vegetable that is part of the mustard plant family. There are many types of kale including purple, curly and dino kale.



HOW DO I MAKE A GOOD SELECTION?

Choose kale with firm leaves that are free from damage or are brown or yellow colored. For curly or dino kale, choose leaves that have a deep green color. When choosing purple kale, choose leaves that have a purple colored stem with full purple leaves or purple edges.

WHAT IS THE PROPER STORAGE?

Kale can be stored unwashed in a plastic bag in the refrigerator for three to five days.

WHY SHOULD I EAT THIS?

Kale is high in Vitamin C, which helps heal cuts and wounds. It is also high in Vitamin A, which promotes good vision and cell growth. Kale is a good source of calcium which helps support bones.

HOW COULD I USE THIS?

- Add to soup or stews
- Sauté kale with garlic and oil and serve as a side dish
- Bake to make kale chips
- Massage kale with a little lemon juice to soften the leaves for a salad
- Add to a pasta dish or pasta sauce
- Add to a stir-fry or fried rice
- Top a burger with kale leaves
- Add chopped kale to an omelet
- Add to a homemade pizza
- Make a pesto with olive oil, kale and walnuts
- Add to a smoothie
- Add to a sandwich or wrap
- Mix in kale with a grain or pasta salad



DID YOU KNOW?

Kale can grow in the fall months. The cold weather improves the quality and flavor of the kale.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 						X	X	X	X	X	X	
MARKET 						X	X	X	X	X		

Sources: SNAP-Ed Connection and Nebraska Buy Fresh, Buy Local



Photo Credit: Alice Henneman

Ingredients:

- 1 large kale leaf, gently rubbed under cold running water, stems removed
- 1/2 c. skim milk
- 1 c. nonfat vanilla Greek yogurt
- 1 ripe banana, gently rubbed under cold running water, peeled
- 4 to 6 ice cubes

Directions:

1. Wash hands with soap and water.
2. Rinse and prepare produce as directed in the ingredients list. Let kale air-dry or dry with a paper towel. Remove the leaves from the main thick stems (also called the rib) in the middle of the leaf using your hands or kitchen scissors. Tear the leaves into bite-size pieces.
3. Add milk, then yogurt to a blender.
4. Next, add kale to the blender.
5. Break banana into chunks and add to the blender.
6. Add the ice cubes to the blender.
7. Add lid to the blender and begin blending. Start on a lower speed and then increase speed. Puree until smooth.

Options: You can use nonfat or low-fat vanilla yogurt in place of the nonfat vanilla Greek yogurt. If desired, add 1 c. frozen or fresh berries like strawberries, blueberries, and raspberries.

Recipe Credit: Alice Henneman

RECIPE:

Banana Kale Smoothie

2 Servings

Nutrition Info:

Nutrition Facts

2 servings per container	
Serving size	1 cup
Amount per serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 1mcg	6%
Calcium 206mg	15%
Iron 0mg	0%
Potassium 522mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.