

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?

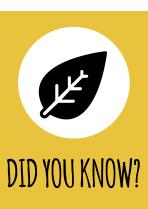
Choose kale with firm leaves that are free from damage or are brown or yellow colored. For curly or dino kale, choose leaves that have a deep green color. When choosing purple kale, choose leaves that have a purple colored stem with full purple leaves or purple edges.

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.



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

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

WHAT IS THE **SEASONAL AVAILABILITY** OF THIS ITEM?

HARVEST MARKET

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC
					X	X	\times	\times	X	X	
					X	X	X	X	X		

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



RECIPE:

Kale Chips

6 Servings

Photo Credit: Alice Henneman

Ingredients:

1 bunch of kale

• 2 tsp. vegetable oil

Options: Seasonings that can be used on the chips include salt, pepper, onion powder, garlic powder,

Parmesan cheese, taco seasoning, or any other flavors you like.

Directions:

- 1. Wash hands with soap and water.
- 2. Preheat oven to 200 degrees F. Lightly spray two large baking sheets with cooking spray.
- 3. Gently rub kale under cold running water, stems removed. Thoroughly dry kale using a salad spinner if available, or by patting with a paper towel.
- 4. 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.
- 5. Toss leaves with vegetable oil.
- 6. Place pieces on a single layer on a baking sheet. Bake for 20 minutes, remove baking sheet from oven, turn kale chips over.
- 7. Check after baking an additional 10 minutes to determine if evenly crisp. Continue baking if needed. Time may vary by oven, record times that work for you.
- 8. Let chips cool on a baking sheet. Transfer to a bowl and sprinkle on optional seasonings, if desired.
- 9. Store leftovers in a sealed container.

Recipe Credit: Alice Henneman

Nutrition Info:

Nutrition Facts

6 servings per container Serving size	1 cup
Amount nor consing	
Amount per serving	30
Calories	<u> </u>
% Dai	ily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0mg	0%

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

Potassium 162mg

Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United Sates Department of Agriculture.

