

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 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

RECIPE:

Kale Chips

6 Servings

Nutrition Info:

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	30
% Daily 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%
Potassium 162mg	4%

*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.