



Kale

<http://res.mindbodygreen.com/img/fttr/CitrusKaleSalad-1.jpg>



Buying Tips

While kale is readily available in most major supermarkets, farmer markets typically offer more varieties of kale!

Look out!²

Leaves should be:

- Firm, deeply coloured
- Not wilted
- No browning or yellowing
- Without holes

Stems should be:

- Moist and strong



<http://www.choose-healthy-food.com/image-files/raw-organic-kale.jpg>

Your new best friend.

About

Kale originated in Anatolia, the westernmost region of Asia¹. While many books indicate that kale is a cold-weather crop, it can still be grown throughout the year and in most climates. Similar to broccoli and collards, kale is part of the cabbage family¹. There are many different varieties of kale, such as dinosaur kale and ornamental kale¹. However, the most common type found in grocery stores is curly kale, which is sweet and mild¹.

Nutrition

Not only is kale low in calories, but also it is very nutrient-dense. Notably, kale has very high levels of antioxidants, which are associated with preventing chronic inflammation and cancer². Kale is also rich in vitamins A, C, and K that help with night vision, tissue growth and repair, and blood clotting respectively². Due to its fibre content, kale helps with lowering cholesterol levels and regulating bowel movement².

Preparation

Before cooking the kale, it is important to rinse it in cold water to remove any dirt or debris. After draining the kale, discard any discoloured leaves. To remove the leaves, pinch the stem with your fingers and slide up the stem. Since the stems are very fibrous, most people cook the leaves only. However, the stems can be used in a pesto to boost the nutritional value.

Storage

Pack kale into an airtight bag. Kale will keep in the refrigerator for 5-7 days and in the freezer for 10-12 months³.

Recipes



<http://www.vancouver.sun.com/6349029.bin>

Kale Chips⁴

Makes 6 Servings | Ready in 20 minutes

Ingredients:

- 1 bunch of kale, washed and dried
- 1 tablespoon olive oil
- 1 teaspoon seasoning salt

Method:

1. Preheat oven to 350°F
2. Remove kale leaves from stem
3. Tear leaves into 3 inch pieces
4. Drizzle kale with olive oil and sprinkle with seasoning salt
5. Spread kale onto baking sheet
6. Bake for approximately 15 minutes, or until crispy and brown around the edges

Kale Pesto⁵

Makes 1 cup | Ready in 10 minutes

Ingredients:

- 1 bunch of kale, washed and dried
- 1/2 cup toasted walnuts
- 2 tablespoons grated parmesan cheese
- 1 garlic clove, roughly chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon kosher salt
- 1/4 cup olive oil

Method:

1. Place all of the ingredients into a food processor and puree until smooth
2. Serve over rice, pasta or as a sandwich spread

Note:

If you don't have toasted walnuts, spread chopped walnuts on a baking sheet and bake in 400°F for 5 minutes.

References:

- ¹ WH Foods. (n.d.). *Kale*. Retrieved from <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=38>
- ² Built Lean. (2012). *Kale 101: How to Buy, Store, & Enjoy Kale*. Retrieved from <http://www.builtlean.com/2012/09/18/kale/>
- ³ Still Tasty. (n.d.). *Kale – Fresh, Raw*. Retrieved from <http://www.stilltasty.com/fooditems/index/17471>
- ⁴ All Recipes. (n.d.). *Baked Kale Chips*. Retrieved from <http://allrecipes.com/recipe/baked-kale-chips/>
- ⁵ Weelicious. (2013). *Kale Pesto: Your New Best Friend*. Retrieved from <http://weelicious.com/2013/01/07/kale-pesto-the-easiest-kale-recipe/>