

Kale

Storage & Prep Tips:

- Keep kale in a plastic bag in the refrigerator, remove as much air as possible from the bag to keep it fresh
- Do not wash until ready to use
- Kale can be frozen. Simply blanch, drain well, and freeze in freezer bags
- Remove the thick inner rib of your kale before eating, as this can be tough and chewy

Nutrition Info

- Kale is an excellent source of vitamin A, vitamin C, and vitamin K
- One cup of cooked kale contains only 36 calories, yet is packed with vitamins, minerals, and dietary fiber



Fun Facts

- Kale is a member of the cruciferous vegetable family, the same family as cabbage, Brussels sprouts, and cauliflower
 - A light frost or snow improves the taste of kale! The cold converts some of the starches in the plant into sugars, making it taste even better.
- Lutein is a nutrient that gives kale its color. Consuming foods containing lutein helps keep our eyes healthy!

Baked Kale Chips

- 1 bunch kale
- 1 Tbsp. olive oil
- 1/2 tsp. salt

Preheat oven to 300F. Wash kale, dry well. Cut into bite-sized pieces, removing the tough middle rib. Drizzle olive oil on the kale pieces, and toss with salt. Spread kale in a single layer on cookie sheets, and bake 10 – 15 minutes, until kale chips are crispy, but not burnt, rotating pans once.

Hint: Add different seasonings to make your favorite flavor of kale chip! For example, make a spicy kale chip with cumin, cayenne pepper, and paprika.

Other Ways to Enjoy Kale:

- Add to soups and stews
- Add to pasta during the last five minutes of cooking, then drain as usual
- Toss into a stir-fry
- Steam and add lemon juice, olive oil, salt and pepper
- Saute with garlic
- Use it in any recipe where spinach is called for
- Add to smoothies for a dose of greens any time during the day!

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