

# Kale



## Selecting

The most common varieties of kale are curly leaf and dinosaur or black kale. When selecting kale, look for crisp, brightly coloured bunches (dark green with a little purple, blue or red colouring) preferably with smaller leaves. Smaller leaves have a milder taste and are more tender.

Avoid bunches with yellow, brown or limp leaves.

## Storing

Wrap kale in paper towel and store in a container or sealed plastic bag in the refrigerator. Kale can be stored up to 5 days but is best eaten as soon as possible.

## Preparing

Smaller leaves can be added to salads. Larger leaves are best when cooked and used to augment other dishes.

Wash kale thoroughly to remove any sand. Tear away leaves from their tough middle stems before cooking. Either discard the stems or dice them to cook. A “bunch of kale” equals 10 cups of chopped leaves.

Once the leaves are cleaned, you can stir-fry them for a quick and easy side dish. Add some fresh grated ginger into a small amount of heated oil, add the cleaned kale leaves and soy sauce, and stir fry for a couple of minutes. Finish with some sesame oil.

Chopped kale leaves can be used to make kale chips, a nutritious low calorie snack that everyone will like. Preheat your oven to 350°F. Cut up kale leaves into bite size pieces. Place on a parchment paper lined cookie sheet. Drizzle a tablespoon of olive oil and sprinkle with a small amount of salt. Heat for 10 minutes or until the leaves are starting to brown.

## Eating

Kale is very versatile. You can stir-fry it, make kale chips for a snack, add it to a salad, soup or a main course.

## Seasonality

Kale is available June through November.

## Nutrition

Kale is an excellent source of Vitamin A, C and K. A half cup of cooked kale has 19 calories.



**Here is a great breakfast recipe for Scrambled Eggs with Kale.**

[www.halfyourplate.ca/recipe/scrambled-eggs-and-kale](http://www.halfyourplate.ca/recipe/scrambled-eggs-and-kale)

