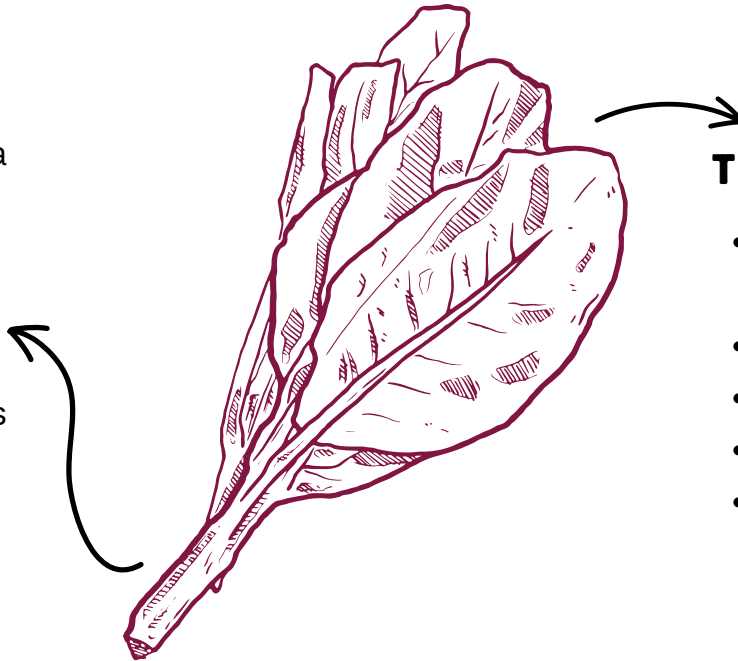


KALE

WHAT PARTS CAN I EAT AND HOW?

THE STEM

- Grind them into a pesto
- Blend them into smoothies
- Slice them thinly and add to salads



THE LEAVES

- Raw in salads and smoothies
- Steamed
- In soups
- Sautéed or stir-fried
- Baked (chips!)

COOKING TIP: Massaging kale (with or without oil) for salad makes the vegetable more palatable by releasing its bitter compounds and—as a result—making the kale less bitter.

NUTRITION TIP: Pair dark leafy greens rich in iron, like kale, with foods rich in vitamin C, like tomatoes, citrus, and peppers for better absorption of the plant-based irons.

WHEN IS IT IN SEASON?



Kale is in season from **July to November!**

STORAGE



The key to storing fresh kale is keeping it dry, as excess moisture will speed up the spoiling process. To store a bunch of raw kale: Don't wash the kale until you plan to use it!

BAKED KALE CHIPS

SERVES 4

INGREDIENTS:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon salt
- Garlic powder, to taste (optional)

A perfect way to eat your dark leafy greens as an appetizer, side, or easy healthy snack!



INSTRUCTIONS:

1. Preheat oven to 300°F. Line baking sheet with parchment paper.
2. Remove kale leaves from stems and tear them into bite-size pieces. Wash and dry them thoroughly.
3. Drizzle with olive oil and toss to combine. Spread out evenly onto the baking sheet. Sprinkle with salt and garlic powder to taste.
4. Bake until kale chips are browned, but not burnt, for about 20-30 minutes.

SCRAMBLED EGGS & KALE

SERVES 4

INGREDIENTS:

- 4 cups of kale, chopped
- 4 tablespoons olive oil
- 6 eggs, whisked
- Salt and pepper to taste
- Optional: chopped green onions and 1/4 cup of cheese, as garnish

INSTRUCTIONS:

1. In a skillet, sauté kale with olive oil until soft.
2. Season with salt and pepper.
3. Add egg mixture. Stir for about 3 minutes or until eggs are almost set. Optional: Sprinkle with shredded cheese and chopped green onions before serving.

Recipe adapted from Half your PLate

Looking for something delicious to start your day? Try making this scrambled eggs recipe with kale - a great way to incorporate veggies in the morning!