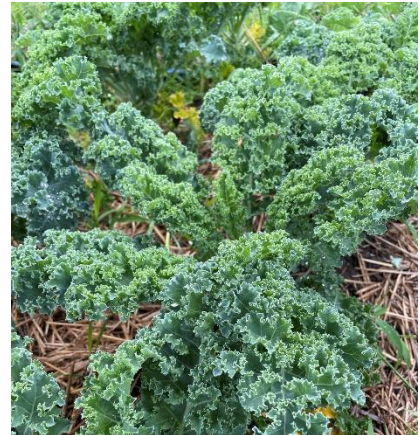


Kale

HOW TO CHOOSE AND STORE

Kale grows well in the winter months and can be a great hardy addition to fruits and vegetables in the “off-season.” There are different varieties of kale, and thus some exceptions to this rule, but generally it’s good to choose kale in dark bunches with smaller leaves. Avoid bunches with yellow or brown leaves. It should appear crisp and fresh. Store kale in the refrigerator in a plastic bag, and wash well before eating.



HOW TO USE AND EAT

Kale is known for being a nutrient-dense leafy green and is often blended into smoothies or green powder for a nutritional boost. However, kale can also be a tasty vegetable on its own. Many people enjoy kale raw in salads or sandwiches in place of lettuce or spinach. It can also be braised, boiled, sautéed, added to soups or casseroles, or baked/dried to make kale chips.

KALE CHIPS

- 1 large bunch kale, tough stems removed, leaves torn into pieces
- 1 tbsp cooking oil (olive, vegetable, etc.)
- 1/4 tsp salt

Position racks in upper third and center of oven; preheat to 400°F. If kale is wet, pat dry with a clean kitchen towel. Transfer to a large bowl. Drizzle kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Next, fill 2 baking sheets with a layer of kale. Make sure the leaves don’t overlap. (If the kale won’t all fit, bake chips in batches.) Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 mins total. (If using just one sheet, start checking after 8 minutes to prevent burning.) Serve fresh or wait until cool and store in an airtight container. Kale chips will keep for 2-3 days.

SALSA BRAISED KALE

- 1 tbsp oil
- 1 large bunch kale, tough stems removed, coarsely chopped
- 1 cup salsa
- ½ cup water
- ¼ cup shredded cheese

Heat oil in a saucepan over medium-high heat. Add kale and toss until bright green, about 1 min. Stir in salsa and water. Reduce heat to maintain a simmer, then cover and cook, stirring occasionally, until the kale is tender, 12 to 15 minutes. Serve sprinkled with cheese.

SIMPLE KALE SALAD

- ½ cup freshly squeezed lemon juice (from 2 to 4 lemons)
- ½ cups olive oil and 1-2 tsp salt
- 4 cloves garlic, crushed with the flat side of a knife, peeled and left whole
- 10-12 oz washed and dried kale leaves, thick stems removed (weight after trimming)
- 1 ½ cups freshly grated Parmesan (optional)

In a bowl, combine lemon juice and salt. Slowly whisk in oil. Add garlic cloves and set aside to steep. Working in batches, cut the kale into thin ribbons; the idea is to end up with a kind of slaw. Place chopped kale in a very large bowl. Sprinkle with cheese, if using. Remove and discard garlic cloves from dressing. Pour half the dressing over the salad and toss to coat thoroughly. Taste for dressing and salt and add more as needed. Serve within 1 hour.