

Kale

Nutritional Value

Kale is vastly superior to most vegetables. It is very rich in vitamin A, C, and the mineral calcium. B vitamins and other minerals are also in excellent supply. Kale is also high in protein.

Cooking Tips

- Wash kale leaves well, checking the underside of each leaf for soil & garden pests
- Remove stems from mature kale leaves by folding the leaf in half lengthwise. And stripping or slicing away thick stems. Baby or very tender young leaves may be cooked stem and all.
- Steam mature kale leaves approximately 4-5 minutes. Depending on age, size and amount in steamer. It is ready when limp but still retaining some texture.
- Toss steamed kale with olive oil, lemon juice, and a dash of salt & pepper. Try adding dice raw garlic
- Sauté tender young kale leaves in butter with garlic & onions
- Add chopped sautéed kale to omelets, quiches, scrambled eggs, casseroles or mashed potatoes.
- Add chopped or sliced raw kale to hearty soups and stews toward the end of cooking time.