Kale

Kale, a dark leafy green related to collards and cabbage, is a nutrition powerhouse! Whether you use curly, dinosaur (also called lacinato), or red (also called Russian) varieties, you’ll get over 600% of your daily value of vitamin K, over 200% of your daily value of vitamin A, and over 100% of your daily value of vitamin C in just one cup of chopped raw kale. Kale is also a good source of calcium, iron, and manganese. And the best part is that kale is also delicious!

1. Make pesto. Either add kale to your basil pesto, or use it exclusively in place of basil or other herbs.
2. Sauté kale in a little extra-virgin olive oil with onions and garlic for an easy side dish.
3. Coarsely chop kale for a pizza topping. Put it under the cheese for tender kale, or over the cheese to let it get crispy.
4. Stir up a pot of kale soup. Add kale to minestrone soup or enjoy kale gazpacho (http://oldwayspt.org/blog/what-shade-your-kale).
5. Skip the wonton wrapper and roll up spring rolls with kale leaves.
6. Make a smoothie: blend together 2 cups of kale, 2 celery stalks, juice from ½ a lemon, ½ cup of berries, ½ an apple or pear, parsley, and ½ to 1 cup of water (depending on desired thickness).
7. Stir wilted chopped kale into your scrambled eggs or include it in your quiche or frittata.
8. Toss kale leaves (stems removed) with olive oil, minced garlic, salt and pepper, spread on a baking sheet and roast in the oven at 375°F for about 20 minutes, stirring every 5 minutes, until leaves are crispy on the edges and tender in the center.
9. Wilt kale into your next batch of tomato sauce and serve it over whole grain pasta for a hearty meal.
10. Kale tastes great raw! Remove the stems and place a bunch of kale in a salad bowl. Drizzle it with olive oil and sprinkle with salt. Massage the kale to bruise it, making it tender. Add raisins and walnuts to complete the salad.
11. Toss kale leaves into the food processor with a can of chickpeas, a squeeze of lemon, some olive oil, and a dollop of tahini sauce to make kale hummus.
12. Mash together potatoes, sautéed kale and a handful of grated Parmesan cheese with warm buttermilk.

Learn more about healthy food choices at www.oldwayspt.org.