

12 Great Ways to Use...

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.



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