

Fresh
FROM THE
FARM



KALE



Selection & Preparation

Choose greens that look and smell crisp and fresh. Avoid wilted, yellow, blackened, or slimy leaves.

Wash thoroughly under water-make sure you uncurl the leaves if you're working with curly spinach or kale, there could be dirt in the crevices. Let air dry, blot dry with a paper towel, or use a salad spinner.

Mature winter greens have a tough center stalk. It is still edible, it just needs to be cooked longer, so cut the leaf away from the stalk before cooking it.

You can boil the greens for 3-5 minutes in salted water, just until tender. You can steam the greens for 2-3 minutes. You can sauté the greens by heating a little olive oil over medium heat. Add some minced garlic and red pepper flakes and sauté for 30 seconds, then add the greens. Sauté the greens until they're slightly wilted, then cover and cook (adding some water if needed) until tender.

Store in the refrigerator in a plastic bag with excess moisture removed.

Information adapted from the Utah State Extension & University of CA Cooperative Extension. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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Nutrition Facts

Serving Size ½ cup cooked

Amount Per Serving

Calories 20

% Daily Value*

| | |
|------------------------|---------------|
| Total Fat 0g | 0 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | 0 % |
| Cholesterol 0g | 0 % |
| Sodium 15 mg | 1 % |
| Total Carbohydrate 4 g | 1% |
| Dietary Fiber 1 g | 4 % |
| Sugars 1 g | |
| Protein 1 g | |
| Vitamin A 180% | Vitamin C 45% |
| Calcium 14% | Iron 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Highlights

- Good source of vitamin A
- Good source of vitamin C
- Good source of calcium
- Good source of vitamin K
- Very low in calories



Kale and Potato Gratin

1 bunch (1 pound) kale, washed and trimmed
1 1/4 pounds all-purpose potatoes, peeled and sliced
2 small onions, chopped
1 tablespoon margarine or butter, cut into pieces
1/2 teaspoon fresh tarragon, minced
1/4 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups low-fat milk

Steam kale about 10 minutes. Drain and cool. Press out excess water and chop coarsely. In a greased, 2-quart gratin dish, alternate layers of potatoes, onions, and kale, beginning and ending with potatoes. Combine remaining ingredients and pour over potato mixture. Bake at 350°F until potatoes are tender (about 30 to 45 minutes).

Yield: 6 servings.

Nutritional analysis: 170 calories, 7 g protein, 30 g carbohydrate, 3 g fiber, 4 g fat, 5 mg cholesterol, 190 g sodium.

Kale Chips

Ingredients:

1 bunch kale
1 Tbsp olive oil
1 tsp seasoned salt

Directions:

1. Preheat an oven to 350 degrees F. Line a cookie sheet with parchment paper.

2. With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite size pieces.

Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

3. Bake until the edges brown but are not burned, 10 to 15 minutes.

