Give Your Family More of the Good Stuff!

Kale Basics

Kale is rich in vitamins, minerals and fiber for a healthy body.

Shop and Save

- Look for fresh kale with dark green, small to medium leaves.
- Avoid wilted or discolored brown or yellow leaves.
- Kale is available all year. Because it grows well in cooler months it is often available fresh when other produce is not.
- Frozen kale is easy to keep on hand and may be an economical, time-saving option. Check the ‘best by’ date to see how long it will keep.

Types of Kale

**Curly kale** – most common type available; bright green leaves are tightly ruffled and stem is fibrous. Flavor is peppery, and can sometimes become quite bitter.

**Russian red kale** – red-tinged green leaves are flat and resemble oak leaves. Thick, reddish-purple stems are very fibrous and generally not eaten. Flavor is sweet and delicate with a hint of lemon and pepper.

**Lacinato kale** (dinosaur kale) – dark mottled green leaves are long, flat, puckered spears with firm texture and tough stems. Flavor is earthy, slightly sweet and nutty. It is less bitter than curly kale.

**Baby kale** – any type harvested very young while the stems are thin and the leaves are tender; tends to be less bitter and fibrous.

Store Well Waste Less

- Refrigerate kale in an open or perforated plastic bag for 3-5 days. Flavor becomes stronger and more bitter as kale is stored.
- Wash kale just before using. Storing it wet can speed spoilage.
  - Fill a large bowl with cool water and swish loose leaves around.
  - Let the leaves sit in the water to allow the dirt to settle.
  - Lift the leaves from the water. Drain and rinse bowl.
  - Repeat these steps until there is no grit on the bottom of the bowl.
- Pat leaves dry if needed.
- For best quality, kale is blanched (cooked briefly) before freezing. Use within 1 year.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211.

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Cooking with Kale

Quick Fix
- Substitute kale for spinach in raw or cooked recipes.
- Add to stir-fry recipes, pastas, sautéed vegetables, soups or smoothies.
- Use kale raw in salads or on sandwiches.
- Roast it in the oven for kale chips.

Kale Dip

Ingredients:
- 1 ½ teaspoons oil
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 3 cups kale, thinly sliced
- ⅛ teaspoon salt
- 1 cup low-fat cottage cheese
- ½ teaspoon red pepper flakes or ¼ teaspoon cayenne pepper
- 1 Tablespoon lemon juice

Directions:
1. Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
2. Transfer kale to a blender. Add cottage cheese and pureé until smooth.
3. Season with red pepper flakes and lemon juice.
4. Refrigerate leftovers within 2 hours.

Note: No blender? Make a chunky version! Finely chop kale and garlic before cooking. Mash dip with fork.

Makes: about 1 ½ cups
Prep time: 10 minutes
Cook time: 5 minutes

Kale and White Bean Soup

Ingredients:
- 1 cup onion, chopped
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon butter or margarine
- 2 cups broth (chicken or vegetable)
- 1 ½ cups cooked white beans (1 can - 15.5 ounces, drained and rinsed)
- 1 ¾ cups diced tomatoes (1 can - 14.5 ounces with juice)
- 1 Tablespoon Italian seasoning
- 3 cups kale, chopped (fresh or frozen)

Directions:
1. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
2. Add broth, white beans, and tomatoes; stir to combine.
3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes: about 5 cups
Prep time: 15 minutes
Cook time: 15 minutes

Kids Can!
When kids help make healthy food, they are more likely to try it. Show kids how to:
- wash kale in a deep bowl of water.
- strip the leaves off the stem.
- measure and mix ingredients.

Massaging raw kale helps soften the leaves and reduce bitterness. Squeeze it with your hands in a bowl or plastic bag.

Go to FoodHero.org for a great Crunchy Baked Kale Chips recipe.