Kale Basics

Shop and Save

- You can buy fresh kale year round in bunches and in bags. Find Oregon-grown kale in markets from June through February.
- Look for fresh kale with bright-colored and firm leaves. Avoid leaves that are dull, yellowing or wilted.
- Different types of kale range in color from light to dark green and blue-green. There are also types with red and purple leaves and stems. The leaves can be curly, or flat and bumpy. Baby kale is any type harvested when the leaves and stems are small and tender.
- Frozen kale may be less expensive and save you time. Cook according to package directions.

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

Store Well Waste Less

- Refrigerate dry kale in an airtight container for up to a week. Storing it wet increases spoilage.
- Rinse kale just before using. Remove dirt or grit from leaves with several rinses in a bowl of cool water.
- Save kale ribs and stems. Cut or tear them from leaves, then chop and cook for recipes such as soups and grain bowls.
- Freeze extra kale for longer storage. For the best quality, blanch leaves for 2 minutes.

Kale is a member of the Brassica family, which includes cabbage, collards, broccoli and Brussels sprouts. It is easy and fun to grow in the ground or in containers. Learn more at FoodHero.org/garden-tip-sheets

Cool in ice water for 1 minute, then drain and package. Use within 1 year.

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Kale and White Bean Soup

**Ingredients:**
- 1 Tablespoon vegetable oil
- 1 cup chopped onion
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 2 cups low-sodium broth (any type)
- 1 can (15 ounces) white beans, drained and rinsed
- 1 can (14.5 ounces) diced tomatoes with juice or 1¾ cups diced tomato
- 3 cups chopped fresh kale or 1 cup chopped frozen kale
- 1 Tablespoon Italian seasoning

**Directions:**
1. Wash hands with soap and water.
2. Heat oil in a saucepan over medium-high heat. Add onion and cook until it begins to soften, about 3 minutes. Add garlic and cook for one minute.
3. Stir in broth, white beans and tomatoes. Bring to a boil.
4. Stir and reduce heat. Cover the pan and simmer for about 5 minutes.
5. Add kale and Italian seasoning. Simmer until kale has softened, about 3 to 5 minutes. Serve warm.
6. Refrigerate leftovers within 2 hours.

**Makes** 5 cups  
**Prep time:** 15 minutes  
**Cooking time:** 15 minutes

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Kale Dip

**Ingredients:**
- 1 ½ teaspoons vegetable oil
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 3 cups thinly sliced fresh kale
- ½ teaspoon red pepper flakes or ¼ teaspoon cayenne pepper
- 1 Tablespoon lemon juice

**Directions:**
1. Wash hands with soap and water.
2. Heat oil in a pan over medium heat. Add garlic, kale and salt. Cook, stirring occasionally, until kale is tender, about 3 to 4 minutes. Let cool.
3. Transfer kale to a blender. Add cottage cheese and blend until smooth.
4. Stir in red pepper flakes and lemon juice. Refrigerate until ready to serve.
5. Refrigerate leftovers within 2 hours.

**Note:**
- No blender? Make a chunky version by mashing kale mixture with cottage cheese.

**Makes** 1 ½ cups  
**Prep time:** 5 minutes

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**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.
- Bake in the oven for crispy kale chips.

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**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:
- Rinse kale in a bowl of cool water.
- Strip the leaves off the stem.
- Measure and mix ingredients.

**Enjoy Kale**

Massage raw kale to soften the leaves and reduce bitterness. Squeeze it with your hands in a bowl or bag.