

KALE

If you're not already on the kale bandwagon, you will be after learning all about this wonderful green!



NUTRITIONAL POWERHOUSE

You've heard it before, but kale really is a super food. In addition to fiber, antioxidants and many other nutrients, kale is one of the best sources for vitamins A, C and K. Check out what just a single cup of raw kale contains!

- Vitamin A: 206% DV
- Vitamin C: 684% DV
- Vitamin K: 134% DV

MORE THAN ONE KALE

You're probably familiar with kale's relatives: broccoli, collard greens, cabbage and Brussel sprouts, to name a few. These veggies are part of the cruciferous family, which is known for its anticancer properties. Kale isn't limited to just curly green leaves, though. Try other varieties like Red Russian, Dinosaur (Tuscan) Kale and Flat-leaf Kale!

COOL-WEATHER CROP

National Kale Day is celebrated on the first Wednesday of October. This may seem a little late in the season, but the cool month celebration is probably due to the fact that kale has a sweeter flavor after a light frost. The cool weather causes the starches in the kale to develop into sugars, making it even more delicious!

MORE KALE PLEASE!

Kale is a hearty green that keeps on giving. To keep your kale all season long, harvest the bottom leaves first and work your way up the plant. By leaving the top of the plant to grow, you'll have lots of future harvests! The picture at the right shows how to trim the bottom leaves first.



KALE & EGG BAKE

Recipe inspired by Kalyn's Kitchen

Ingredients

- 2 cups chopped kale leaves
- 1 cup grated cheese (mozzarella, cheddar, swiss, etc.)
- 1/3 cup thinly sliced green onion or chives
- 8 eggs
- 1 tsp onion powder
- 1/2 tsp garlic powder
- black pepper to taste



Instructions

1. Preheat oven to 375F and spray an 8 1/2 inch by 12 inch casserole dish with olive oil or nonstick spray.
2. Add the chopped kale to the casserole dish, spreading it around so all the bottom of the dish is covered.
3. Layer the grated cheese and sliced onions on top of the kale.
4. Beat the eggs with the seasonings and add pepper to taste.
5. Pour the egg mixture over the kale/cheese combination, and then use a fork to gently "stir" so the eggs, kale, and cheese are evenly combined.
6. Bake 30-35 minutes or until the mixture is completely set and starting to lightly brown.
7. Let cool 5 minutes before cutting. (The egg bake will settle down some as it cools.)

Still haven't tried kale chips yet?

Tear the kale leaves from the spine and tear it into bite-sized pieces. Toss 5 cups of kale leaves with 1 Tbsp olive oil and mix in your favorite seasonings:

- **Original:** 1/2 tsp garlic powder and 1/4 tsp black pepper
- **Ranch:** 1/2 tsp each dried dill, garlic powder, onion powder and 1/4 tsp black pepper
- **Dorito:** 2 Tbsp nutritional yeast, 1 1/4 tsp each garlic powder, onion powder, cumin, paprika and chili powder

Lay the kale in a single layer on a baking sheet and bake at 300F for 10-15 min until the chips are crispy. Enjoy!

Photo courtesy of Aberdeen's Kitchen

