

## KALE

*Kale comes in several varieties, the most common being the curly pictured here. Sometimes it's purple, sometimes it's dark green and thick, and sometimes it's flat leaved. All can be used in the simple recipes on the reverse side.*

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spoonfuls  
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### BEST COOKING METHODS

- SAUTEED: LIKE SPINACH, BUT RETAINS VOLUME!
- STEAMED
- BRAISED

### RECIPE IDEAS

- TORTILLA/FRITTATA
- KALE CHIPS
- MINISTRONE/OTHER SOUPS

### STORAGE

- UNWASHED IN A PLASTIC BAG IN THE REFRIGERATOR

### TIPS

- WASH KALE FIRST.
- REMOVE STEMS, CHOP, COOK FOR TWO MINUTES LONGER THAN LEAVES
- SUBSTITUTE FOR OTHER LEAFY GREENS (SPINACH, SWISS CHARD, COLLARD GREENS)
- CHOP KALE AND LET SIT FOR 5 MINUTES FOR NUTRIENTS TO RELEASE.
- MASSAGE LEAVES TO RELEASE NUTRIENTS AND FLAVOR.

### NUTRITION

- HIGH IN: VITAMINS A, C, AND K
- GOOD SOURCE OF: OMEGA-3 FATTY ACIDS, COPPER, MANGANESE, AND IRON.

## KALE

### WHITE BEAN SOUP WITH KALE AND CHORIZO

- **2** ounces Spanish chorizo sausage, finely chopped
- **1** cup chopped onion
- **3** garlic cloves, minced
- **3** cups fat-free, low sodium chicken broth
- **2** (15-ounce) cans cannellini beans, rinsed and drained
- **4** cups chopped kale
- $\frac{1}{2}$  teaspoon black pepper

HEAT A LARGE SAUCEPAN OVER MEDIUM-HIGH HEAT. ADD CHORIZO TO PAN; SAUTÉ 1 MINUTE. ADD ONION AND GARLIC TO PAN; SAUTÉ 5 MINUTES OR UNTIL TENDER. WHILE ONIONS COOK, POUR BROTH INTO A MICROWAVE-SAFE BOWL; MICROWAVE ON HIGH FOR 3 MINUTES. ADD HOT BROTH AND BEANS TO PAN; BRING TO A BOIL. PARTIALLY MASH BEANS WITH POTATO MASHER. STIR IN KALE AND  $\frac{1}{2}$  TEASPOON PEPPER; COOK OVER MEDIUM HEAT FOR 6 MINUTES.

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### KALE CHIPS

- **1** lb kale, chopped
- Olive oil, salt, pepper

PREHEAT OVEN TO 400° F. TOSS KALE WITH OLIVE OIL, SALT AND PEPPER. SPREAD OUT ON A BAKING SHEET AND BAKE, TURNING EVERY 5 MINUTES UNTIL BROWN AND CRISPY. KALE SHOULD BE DRY AND ABLE TO BE EATEN BY HAND LIKE CHIPS!

(Recipe from Red Fire Farm, one of our farm partners.)