



Give Them More
of the
Good Stuff!

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.



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

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.

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



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Enjoy 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.
- ✿ Bake in the oven for crispy kale chips.

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

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

Kale Dip

Ingredients:

- 1 ½ teaspoons **vegetable oil**
- 1 clove **garlic**, minced or ¼ teaspoon garlic powder
- 3 cups thinly sliced fresh **kale**
- 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. 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



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.

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