

KALE

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- There are many types of kale including curly leaf, red, and flat leaf (dinosaur).
- Kale is in the same family as cabbage, Brussels sprouts, cauliflower and broccoli.
- Select dark colored kale without brown or yellow leaves.
- 1 cup of raw kale contains:
 - 684% of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones.
 - 206% of your recommended daily value of vitamin A to keep eyes and skin healthy and to protect the body against infections.



PREPARE

Rinse under running water and dry with a paper towel or strainer. The spine of kale is tough, so it is best to remove it before preparing.

Try kale:

- *Steamed*
- *Sautéed* with a light seasoning
- *Baked* into chips
- *Raw* as part of a salad (massaging or scrunching it with a bit of oil will make raw kale much more tender!)
- *Blended* into a smoothie

STORE

- Wrap unwashed kale in a damp paper towel. Store in a plastic bag in the refrigerator for up to 5 days.