

# Kale



**Nutritious and Tasty!**



# Why do you think kale is good to eat?

- \* Kale is very nutritious! It is a good source of vitamins and minerals and low in calories.
- \* Kale is inexpensive and available all year around. Good value!
- \* Picked and brought directly to market —very fresh. Market fresh kale comes in different varieties and you can eat the stems because they are usually not tough.
- \* Some kale varieties are blue green, very dark green, or purple-ish. Some have thicker leaves and some have thinner leaves.
- \* Kale can be added to many different dishes—eggs and omlettes, quiches, soufflés, soups, stews, salads, sautés, smoothies

## How do you prepare kale in the kitchen?

Sauté or Steam it! - cut small pieces and add flavor.

Add raw to salads! - cut leaves into small pieces especially young or delicate leaf kale varieties

Bake it! - Kale will take on the consistency of potato chips.

Blend it! - Make your favorite smoothies and blend in kale for a nutritious and flavorful addition.

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**Kale:** No cholesterol, and little to no fat, with moderate fiber and protein content. One cup of chopped Kale contains 7.0 g carbs, 2.0 g protein, and 5% of your daily value of dietary fiber.

**Good source of vitamins:** One serving (1 cup) of chopped kale contains 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and a whopping 684% of vitamin K.

**Good source of minerals:** Good source of copper, potassium, iron, manganese, and phosphorus

**Good source of fiber:** Maintain healthy digestion and bowels; good for cholesterol levels