

# 9 Quick Recipes & Facts About Kale!



**1. Vitamin power!:** 1-1/4 cup of cooked kale gives us 100% or more of our recommended daily allowance of Vitamin C, Vitamin A & Vitamin K, & is a very good source of Vitamin B6.

**2. In stir-fries:** Remove stems from center of leaves, then tear or chop up leaves. Use with onions, mushrooms, peppers or any of your other favorite veggies for added nutrition in your stir-fry.

**3. Manganese:** Kale is a very good source of manganese, which our bodies uses for building bones & connective tissues. Manganese is a mineral that's also used to make steel – its what makes steel strong enough to build bridges & skyscrapers!

**4. Add it to just about anything!:** Like other dark, leafy greens, kale is easy to add to favorite meals. Chop it up very small (or mince), then add to spaghetti sauce, taco filling, chili, beans & rice, macaroni & cheese, casseroles, lasagna – just about anywhere!

**5. Calcium:** We usually think of milk & other dairy when it comes to calcium, but kale is a very good source of this mineral!

**6. Kale chips:** Preheat oven to 300° & line baking sheet with foil. Remove stems & tear leaves into large chunks. Make sure leaves are very dry, then place in large bowl. Massage leaves with 1 TBS oil, adding more as needed, until all leaves are just coated. Arrange leaves in single layer on baking sheet. Sprinkle with salt & optional seasonings (try chili powder, smoked paprika, garlic powder, Parmesan cheese). Bake 10 mins, rotate pan, & bake another 10-12 mins, until leaves are crisp to the touch, but still dark green. Remove from oven & let cool before eating.

**7. Fabulous fiber:** As with other dark leafy greens, the fiber in Kale helps digestion & promotes a healthy gut.

**8. Sautéed kale:** Sauté kale with onions & garlic for a quick side dish.

**9. Copper:** Kale's copper helps our immune system healthy!

See other side for another recipe & complete Kale nutrition facts... 

# Lemon & Leek Kale Salad

## Ingredients

- 15+ kale leaves, stems removed, cut into bite-sized chunks or strips.
- 1 leek, sliced lengthwise & then into thin half-moons.
- 1/4 cup seeds &/or nuts
- 1/4 cup dried cranberries or raisins

## Dressing

- 1 TBS olive oil
- 1 TBS soy or tamari sauce
- Juice & zest of one lemon
- 1/2 tsp honey or agave
- salt & pepper to taste

## Directions

1. Mix dressing ingredients together in a small bowl.
2. Put kale & leeks into another bowl, then stir in dressing until coated well. A great method is to use your hands to massage the leaves with the dressing. Allow to marinate in fridge until ready to eat (ideally 4-8 hours, but it'll be good after 30 mins).
3. Stir in seeds, nuts & fruit before serving.

## Kale Nutrition

Nutritional data & images courtesy of NutritionData.com

### 1/2 cup, cooked

Nutrition Facts	
Serving Size 1 cup, chopped 130g (130 g)	
Amount Per Serving	
Calories 36	Calories from Fat 4
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 2g	
Vitamin A 354%	Vitamin C 89%
Calcium 9%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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### 1 cup, raw

Nutrition Facts	
Serving Size 1 cup, chopped 67g (67 g)	
Amount Per Serving	
Calories 33	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars	
Protein 2g	
Vitamin A 206%	Vitamin C 134%
Calcium 9%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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