

KALE

Types

There are four main types of kale.

Curly: These have bright, dark green or purple leaves. The leaves are ruffled, hence the name. They are sold in bunches, and stalks are fibrous.

Lacinto: These have dark, blue-green leaves with a wrinkled and firm texture.

Red Russian: These have red-tinted, flat leaves that resemble big oak leaves. Leaf stems are reddish-purple.

Redbor: These have dark red leaves that almost looks purple. Leaf edges are very wrinkled.

Selection Info

Choose kale that is dark in color with small to medium leaves.

Preparation

Kale can be steamed, microwaved, or sautéed, or added raw to smoothies, salads, and soups.

Steam: Bring water to a boil in a pan with a steamer basket. Reduce heat to low, add kale, and cover. Steam until tender (about 10 minutes).

Microwave: Place kale in a microwave-safe bowl with about 1 teaspoon of water. Cover the bowl and cook for about 2 minutes for every 2 cups of kale. Drain and serve.

Sauté: Heat 1-2 tablespoons of olive oil in a skillet. Add kale, turn heat to medium-high, stir, cover, then cook for approximately 5 minutes.

Storage

Short-Term Storage: Kale can be stored in a plastic bag in the refrigerator crisper drawer for up to 5 days.

Long-Term Storage: Kale can be frozen and dried.



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KALE CHIPS

Ingredients

- 16 cups kale (tough stems removed, leaves torn into pieces)
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt

Directions

1. Trim kale by removing the tough stems and tearing the leaves into pieces. Clean thoroughly under running water.
2. Position racks in upper third and center of oven, and heat to 400°F.
3. Thoroughly pat kale dry with a clean kitchen towel, and transfer to a large bowl.
4. Drizzle the kale with oil, and sprinkle with salt.
5. Use your clean hands to massage the oil and salt onto the kale leaves to evenly coat.
6. Spread a layer of kale over two large rimmed baking sheets. Make sure the leaves don't overlap. If the kale won't fit on the two sheets, then make the chips in batches.
7. Bake until most leaves are crisp (8-12 minutes). Halfway through baking, switch the pans back to front and top to bottom. If you are baking just one sheet, start checking after 8 minutes to avoid burning.



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Nutrition Information

Serving Size 2 cups

Nutrients	Amount
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Total Calories	110
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Protein	5g
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Carbohydrates	16g
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Dietary Fiber	6g
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Total Fat	5g
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Saturated Fat	1g
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Cholesterol	0mg
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Sodium	219mg
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