

Kale



Health Benefits

- Contains many nutrients like vitamin A, vitamin C, vitamin K and calcium.
- These nutrients can reduce the risk of heart disease, keep bones strong and are important during pregnancy!

Storage

Keep in refrigerator and rinse thoroughly before use.

Preparation

Rinse well, remove thick ribs. Usually consumed raw in salads, smoothies or sandwiches. Can also be cooked in soups and stir fries.



Kale Chips

Ingredients:

Kale

Oil

Herbs and spices of your choice.



Directions:

1. Preheat oven to 350°F.
2. Rinse kale leaves thoroughly.
3. Remove thick ribs and chop kale.
4. Toss in oil and season with herbs and spices of your choice.
5. Bake in oven for 3-4 minutes. Keep an eye on them to ensure they only brown a little bit and not burn.