



SMART SHOPPER TIPS & RECIPES

Crazy for Kale



Kale, which belongs to the cabbage family, is a green leafy vegetable that is rich in nutrients. Rarely eaten raw due to its toughness and bitter taste, kale can be boiled, steamed, stuffed or added to a stir-fry.

How to Choose Kale

- Look for smaller bunches as they are more tender and have a milder flavour.
- Choose kale that has a fresh green colour, not yellow or brown.

How to Prepare Kale

- Use within a day or two of buying. The longer kale is stored, the more bitter it becomes.
- Wrap the unwashed kale in damp paper towels, then store in a plastic bag in the refrigerator.
- Wash before using. Separate the leaves and wash under running water.
- Cut and throw away the stems if they are thick and tough. If the stems are thin, chop them up and cook a little longer than the leaves.

Serving Tips

- Shred kale and add to soups.
- Add kale to stuffings.
- Saute kale in a little bit of oil and garlic.
- Use kale leaves instead of cabbage leaves in a stuffed cabbage recipe.
- Add shredded kale to stir-fries.



Eating Well with Canada's Food Guide recommends eating vegetables and fruit at all meals and as snacks.

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Braised Kale

Ingredients:

- 1 Tbsp olive oil
- 2 cups sliced onions
- 1 tsp salt
- pepper, to taste
- 2 Tbsp minced garlic
- 8 cups firmly-packed, stemmed, torn kale
- 2 cups chicken stock

Directions:

- Heat oil in a large frying pan over high heat.
- Add onions, salt and pepper.
- Stir fry for 2 minutes.
- Add garlic, kale and chicken stock.
- Cook, stirring occasionally, for 3 minutes or until kale is tender.
- This recipe makes a great side dish to any meal.



Did you know...

You can boost your calcium intake by eating kale? 1 cup of cooked kale contains almost 100 mg of calcium! That's close to the same amount of calcium that's in 1/3 cup of milk.