

Go Green! Kale

ST CLOUD, Minn. (7/14/2015) —Today's food color trend is GREEN - as in leafy greens, spinach, beet greens, Swiss chard and at the height of this wave - Kale!

Kale is one of the healthiest veggies you can put on your plate. One serving provides a day's worth of vitamin C, twice the daily intake of vitamin A, and nearly seven times the recommended amount of vitamin K, along with folate and calcium.

Kale can be used in salads or sandwiches, added to hotdishes and soups, eaten raw or dried and pureed for juices or smoothies. The possibilities are almost endless!

To store, wrap fresh greens in damp paper towel and place in a perforated plastic bag and refrigerate. Most refrigerated greens keep one week if they are in good condition and the paper towel is kept moist. Before serving, rinse the kale several times in cold water to clean well.

For longer storage, plan to either freeze or dry kale. Freezing maintains the best nutritional quality of greens. When preserving kale by freezing, blanch in boiling water for 2 minutes, then cool, drain and put into freezer containers.

Of all things kale, kale chips have rapidly gained popularity as a unique nutritious snack! A reader shared this baked kale chip method: Heat oven to 425°F. Prepare kale (wash, spin, strip stem) then season with oil, salt or seasoned salt. Spread the kale leaves on a baking sheet and put into the oven. Turn the oven OFF and leave the kale in the oven for 15-20 minutes. This method results in evenly crisp kale chips.

Give kale a try, it is a true nutrition powerhouse with exceptional health benefits!

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