



MARKET TO MEALTIME!

Greens, Roots, and Fruits

raw

Kale Salad



KALE: DID YOU KNOW?

During the Middle Ages, kale was one of the most common vegetables across Europe.

Ingredients:

8-10 kale leaves (1 bunch), washed and dried
2 tablespoons of lemon juice
2 garlic cloves
1-2 tablespoons of olive oil
salt
1 tablespoon of tahini (optional)
plain bread crumbs (optional)
a handful of nuts and/or raisins (optional)
any grated cheese (optional)

Directions:

1. Remove kale stems and chop kale finely.
Place in a large bowl.
2. Chop garlic finely. In a small bowl, add garlic, olive oil, lemon juice, tahini (optional), and salt to taste.
3. Pour dressing over kale and toss well.
4. Let salad sit for at least 5 minutes.
Mix in optional ingredients.

Note- You can easily substitute these ingredients for similar ingredients available.

Makes 5 3/4-cup servings

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cooked

Kale with Nuts & Raisins



GREEN OF THE MONTH: KALE

Kale is in season from May to June, and September to November.

Ingredients:

1 bunch of kale, washed and dried
2 cloves garlic
2 tablespoons of olive oil
handful of nuts (any kind is fine) and raisins
salt to taste

Directions:

1. Remove kale stems and chop kale finely.
2. Heat oven to 350°. Toast nuts for 5 minutes.
3. Heat olive oil in medium frying pan. Cook chopped garlic for 30 seconds. Toss in kale and cook on medium-low for 4 minutes. Toss in raisins and cook for 1 more minute on low. Turn off heat, add toasted nuts, and mix. Add salt to taste.

Makes 5 1-cup servings



Always wash your hands,
fruits, and vegetables
before preparing food