

KALE: DID YOU KNOW?

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

raw

Kale Salad



Ingredients:

8-10 kale leaves (1 bunch), washed and dried 2 tablespoons of lemon juice

2 garlic cloves

1-2 tablespoons of olive oil

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



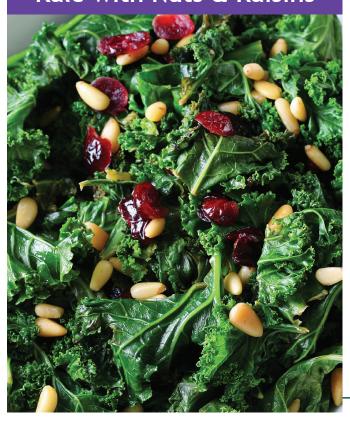


GREEN OF THE MONTH: KALE

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

cooked

Kale with Nuts & Raisins



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

