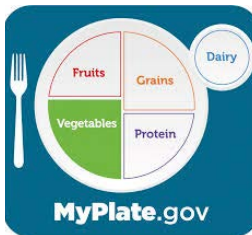


Kale

Fun Facts:

- Kale is a dark, leafy green that is rich in calcium, potassium, and fiber.
- Kale leaves come in different varieties and colors. They can be flat, curly, green, and purple too!
- Kale can last in the refrigerator for 5-7 days in a plastic bag.



How to Prepare Fresh Kale:

- Eat it raw: kale is a great addition to any salad!
- Cook it: add it to a soup, stir fry, or pasta dish.
- Blend it: sneak extra veggies in by adding them to a smoothie or acai bowl.

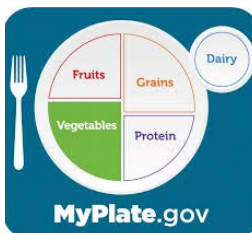
Tip:

Don't like the rough texture of kale? Try massaging the kale with olive oil and lemon juice. This will soften the texture and make kale a great addition to any salad.

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Curly Kale Slaw

Servings: 10

Serving size: 1 cup

Ingredients

- 8 large kale leaves, washed
 - 2 tablespoons lemon juice (or juice from half of a lemon)
 - 1 garlic clove, peeled and minced
 - 2 tablespoons olive oil
 - ¼ teaspoon salt
 - ½ medium onion, chopped
 - 2 tablespoons grated parmesan cheese
 - ½ cup chopped walnuts (optional)
1. Hold each kale stem with one hand. With your other hand, gently pull down along the kale stem and remove the kale leaves. Discard stems.
 2. Stack and gather the leaves on a cutting board. Slice the kale into small strips.
 3. Mix the lemon, garlic, olive oil, and salt in a large bowl. Add kale and onions, and toss.
 4. Sprinkle with parmesan cheese and walnuts, if using. Enjoy!



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

Nutrition Facts

10 servings per container
Serving size 1 cup

Amount per serving
Calories 60

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 90mg	2%
Vitamin C 17mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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