

KALE



HOW DOES IT TASTE?

Kale has a slightly bitter and earthy taste, with a chewy texture. It pairs well with a variety of flavors in both cooked and raw dishes.

HOW DO I PICK IT?

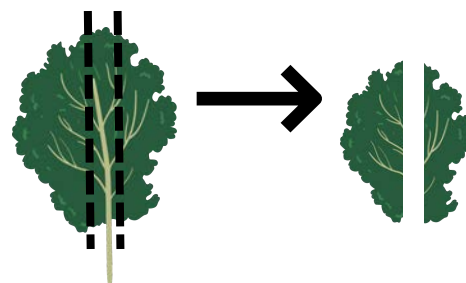
When picking kale, look for bright green leaves that are firm and crisp, with no signs of wilting or blemishes. It is typically in season from mid-summer to late winter, but can be found year round at most grocery stores.

HOW DO I STORE IT?

Store kale in a ziplock bag in the crisper drawer of your refrigerator for up to 5-7 days.

HOW DO I PREPARE IT?

1. Remove the rough stems and chop or tear the leaves into bite-sized pieces.
2. Rinse and dry the leaves thoroughly to remove any dirt.
3. When serving raw, you can rub the leaves with olive oil and lemon juice to reduce bitterness.



Kale can be cooked in a variety of ways. Try **sautéing** it with garlic and olive oil or **adding** it to soups or stews. Raw kale can be **blended** into smoothies or used as a **base** for salads and wraps.

Kale & Sweet Potato Soup

Ingredients:

- 1½ pounds sweet potatoes (2-3 medium)
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 quart (32 oz) chicken or vegetable broth
- 3½ cups water
- ½ teaspoon salt
- ½ black pepper
- 1 teaspoon paprika
- 1 bunch kale (about 1 pound), washed

Directions:

1. Scrub and peel sweet potato. Cut into one inch cubes.
2. In a large soup pot, saute sweet potatoes, onion, and minced garlic.
3. Once onions are soft, add broth, water, salt and paprika. Bring to a boil. After soup boils, turn heat to low and simmer for 15-20 minutes or until sweet potatoes are tender.
4. With a masher, mash half the sweet potatoes into the broth to thicken. Continue to cook for another 30 minutes on low.
5. Remove tough stems from kale, cut leaves into 1 inch pieces, and add to the soup pot. Push down kale with large spoon until completely covered by soup.
6. Continue to simmer on low heat for 15 to 20 minutes, then serve.

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KITCHEN TIP!

If you prefer softer-textured kale, blanch it in boiling water for 2-3 minutes before adding it to your recipe. This will help soften the fibers and reduce cooking time.