

Make Kale Taste Delicious!

Kale is Awesome!

Kale is a dark green leafy vegetable that has many nutritional health benefits. It has a high amount of antioxidants as well as other bioactive compounds that are important for health. These include anti-cancer properties, infection fighting (anti-bacterial, anti-viral), health of various body systems (bones, brain, skin, heart).

And it is DELICIOUS! Here are two yummy ways to eat this super nutritious food.



Easy Baked Kale Chips

Kale Chips

Bunch of kale, remove stems, ripped or cut into 1-2 inch pieces. Put into large bowl. Drizzle 2-3 Tbsp olive oil over and mix. Shake on some salt and mix (to taste). Spread out on baking sheet. Bake 300 degrees for 15 or so minutes, until it gets crispy looking. Variations: try different oil (sesame, etc) or add spices (garlic powder, cumin, etc.).

Sautéed Kale

Pour a couple of Tbsp of olive oil in wok or large frying pan and turn on moderate heat. Add 2-8 chopped cloves of garlic. Once garlic starts to brown add kale (bunch, cleaned, and ripped into 1-2 inch pieces). Toss/ stir it in pan until it all wilts. Add a splash of soy sauce. Enjoy!