



# Kale

Has a mild cabbage flavor.

**Store:** Store unwashed kale in a plastic bag in the coldest section of refrigerator for no more than 3 days. Flavor will become much stronger if stored longer.

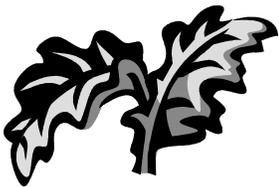
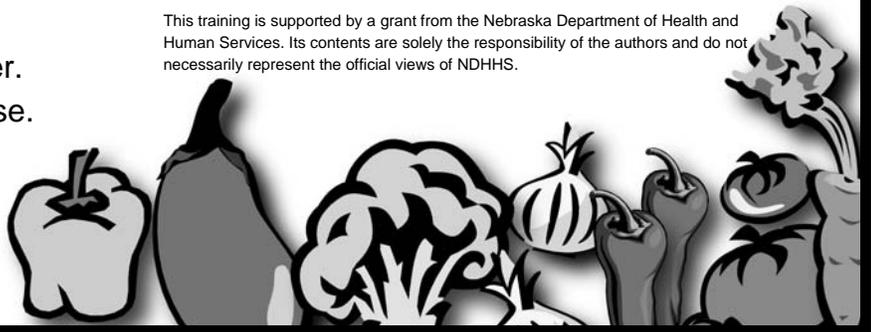
Kale freezes well and becomes sweeter and more flavorful after being exposed to frost.

**Prepare:** Wash under cool running water. Remove leaves from center stalk before use. Stalk can be eaten.

**Serve:** When kale is roasted it becomes crispy and salty-like French fries. Leaves can be added to salads or soup. Is a good substitute for spinach.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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# Kale Recipe

## Crispy Kale

### Ingredients:

6-8 cups chopped fresh kale, hard stems removed  
2 Tbsp. olive oil  
1 tsp. apple cider vinegar  
1/2 tsp. kosher salt or sea salt

Prep Time: 5 minutes  
Cook Time: 20 minutes  
Total Time: 25 minutes

### Directions:

Place a rack on the lowest shelf of your oven. Preheat oven to 350°F.

Spread kale out on a sturdy baking sheet. Drizzle with olive oil and apple cider vinegar. Toss to coat completely. Place on the lowest rack of the oven and bake for 10 minutes. Remove from oven and stir so that kale can get crispy all over. Bake another 8 to 12 minutes or until kale is crispy. It should be just lightly browned and crispy to the touch.

If kale still bends, rather than crackles when you touch it, it isn't done yet. Return it to the oven. Turn down the heat if it is getting too brown. Continue cooking until crispy.

enjoy!



Source:  
<http://kidscooking.about.com/od/sidedishes/r/crispykale.htm?p=1>



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