



# Kale



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## A “Nutritional Powerhouse”

Kale has been becoming more popular, and for good reason. It is often touted as a “nutritional powerhouse,” which means many health benefits are tied to eating this wonderful cruciferous vegetable. Kale is high in vitamins A, C, and K, as well as Calcium. It is also a good source of minerals such as iron, potassium, copper, manganese, and phosphorus and it is a great source of fiber. Kale is filled with the powerful antioxidants carotenoids and flavonoids and is a great source of sulphur containing phytonutrients. Here are a few of the many benefits of including kale in your diet:

- Reduce risk of certain cancers
- Promotes eye health
- Reduce risk of heart disease
- Helps lower cholesterol
- Promotes bone health
- Promotes a healthy metabolism

## Ideas for Preparing Kale

**Baked kale chips.** Toss in a tiny amount of olive oil, sprinkle on some seasonings if you desire, and bake into crispy chips. This makes a great tasting, simple, healthier snack!

**Kale in soup.** You can add kale to just about any soup you desire. It is often paired with beans and ham or sausage soups.

**Sautéed kale.** Make a nice side dish with some onion, garlic, veggies of your choice, and throw in some kale mid-way through cooking.

**Kale juice.** If you have a juicer, try adding kale to your juicing concoctions. It adds a great nutritional punch. It goes well with fruit juices such as apples.

**Kale slaw.** Substitute kale for cabbage in your favorite slaw recipes.

**Raw kale.** Eat kale raw in wraps, sandwiches, or salads.

*whfoods.org*