

KALE

KALE COMES IN A VARIOUS TYPES WHICH DIFFER IN COLOR, TEXTURE, AND FLAVOR. THE 2 MOST COMMON TYPES ARE CURLY AND LACINATO, WHICH IS ALSO KNOWN AS DINOSAUR OR TUSCAN. DID YOU KNOW KALE IS A PART OF THE BRASSICA OLERACEA FAMILY. THIS FAMILY CONSISTS OF CRUCIFEROUS VEGETABLES, SUCH AS BROCCOLI, CABBAGE, CAULIFLOWER, BOK CHOY, COLLARD GREENS. SINCE KALE IS A PART OF THIS CRUCIFEROUS VEGETABLE FAMILY, IT OFFERS A LOT OF HEALTH BENEFITS DUE TO A VARIETY OF NUTRIENTS.

Nutrition & Health Benefits

- At only 33 calories per 1 cup, Kale packs a lot of punch with its nutrient profile.
- Kale is rich in Vitamins K, C, A, B6, and folate. Along with minerals, such as manganese, potassium, calcium, zinc, and magnesium.
- Kale is an excellent source of carotenoids, such as lutein and zeaxanthin, which contribute to the dark green color of Kale. These nutrients protect against macular degeneration and cataracts.
- Kale is also rich in fiber, which helps with providing a feeling of fullness and colon health.
- As a member of the cruciferous vegetable family, kale contains phytochemicals known as glucosinolates. Glucosinolates have anti-inflammatory properties, which may help prevent cancer and cardiovascular disease.

HOW TO USE KALE

Due to Kale's fibrous texture, it can be a little tough, particularly the stems. However, the stems are edible if prepared in a fashion to soften it. Here are some ways to consider using kale:

- Add to smoothies, stir-fry, soups, stews, casseroles, meatloaf or homemade burger patty
- Bake leafy pieces to make chips
- Make a pesto out of kale
- Use kale leaf as a wrap or tortilla
- Massage with olive oil for 1-2 minutes and add to salads

References:

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