

Kale

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Kid-Friendly Eating Tips

- Add raw, thinly-sliced kale to a pasta dish.
- Use kale as the base for a salad; you can mix it in with lettuce leaves. Massaging the kale leaves first makes them softer and therefore easier to chew.
- Make pesto by blending kale like you would basil! Add it to pasta or use it as a sandwich spread.
- Toss kale leaves, stem removed, with olive oil, garlic, salt and pepper, bake in the oven at 350° F.

Cooking Tips

- Boil or steam kale for 20-30 minutes.
- Removing the stem is ideal for many dishes; rip the leaf from the stem by holding the base of the stem upward, and pulling down.



Tidbit

Kale leaves grow on a thick broccoli-like stock, but are picked off individually and sold in bunches. Kale is very cold-tolerant: it can survive frosts and snowfall. Use raw, massaged kale as the base of a salad or toss it into a soup!

Storage Tips

- Store in the refrigerator in a perforated plastic bag for 5-10 days.
- To freeze: Blanch for 2-3 minutes or until the leaves are soft, then place in a labeled and dated freezer-grade bag.

Recipes

Kale Parmesan Salad

Yield: 4-6 servings

Ingredients:

2 bunches fresh kale
2 Tbsp. olive oil (or vegetable oil)
½ cup parmesan cheese
2 Tbsp. fresh lemon juice
salt and pepper, to taste
garlic powder, to taste (optional)

Directions:

1. De-stem kale leaves and chop into bite-sized pieces.
2. Cook kale leaves in boiling water until tender, about 3-5 minutes.
3. Drain kale and squeeze dry. Fluff up leaves and transfer to a large bowl. Cool immediately.
4. In a small bowl, combine the oil, lemon juice, parmesan, black pepper and salt.
5. Cut tomatoes in half or quarters, add to small bowl.
6. Add oil mixture to kale, mix to coat, serve chilled.

Source: GMFTS.

Kale Pesto

Yield: 1 ½ cups

Ingredients:

4 garlic cloves
1 bunch of kale
¾ cup olive oil
1 cup parmesan cheese
1 Tbsp. fresh lemon juice
salt and pepper, to taste

Directions:

1. Blanch stemmed kale for 30 seconds and drain.
2. Purée garlic and kale in a food processor, gradually adding oil, parmesan, lemon juice, salt and pepper.

Source: Bon Appétit.