

Kale

Kale is a delicious and easy way to get more greens! It can be eaten raw or cooked.

- Put an inch of water in a pot with roughly chopped kale, bring to a boil, cover, and simmer until kale is tender and bright green. Add to pasta, pizza, eggs, or casserole.
- Sprinkle salt and/or vegetable oil over raw kale and “massage” it with your hands until it is tender. Top with your favorite vinaigrette dressing, chopped apples, avocados, and slivered almonds or dried cranberries.
- Store unwashed, uncooked kale in a perforated plastic bag in the crisper drawer



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