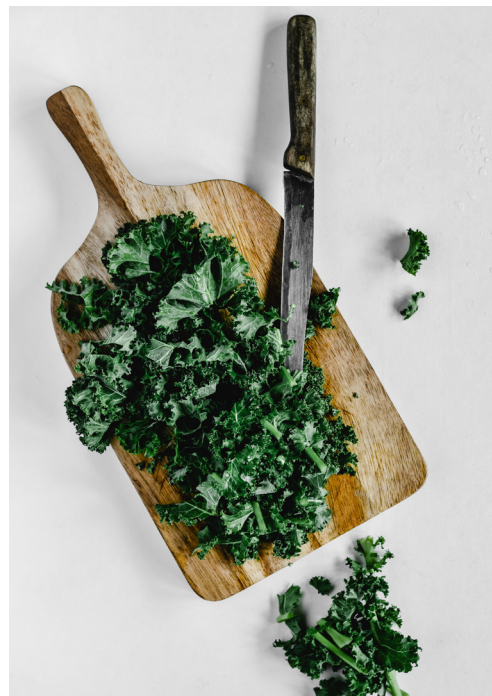


MARCH IS ALL ABOUT KALE!

The star of the month of March is kale! A leafy vegetable that belongs to the cabbage. This nutrition super-star is loaded with nutrients and can be prepared many different ways. Kale's hearty leaves withstand all types of cooking: boiling, braising, steaming, microwaving, and stir-frying, making it perfect to add to soups, stews, pastas, pizzas and even smoothies! When using kale we suggest removing the middle rib by hand or with kitchen shears because it can be tough, fibrous and taste bitter.

Kale is packed with vitamins A, C and K, as well as calcium helping us all build strong bones. One cup of kale has more vitamin C than an orange! Calcium is important for bone health, especially during childhood when bone mass is being created. Though it is not as rich in calcium as dairy products, kale can contribute to daily calcium intake for strong healthy bones.

There are 7 varieties of kale with Curly Kale being the one most often spotted in the grocery stores. It's pale to deep green with large, frilly-edged leaves and long stems. Red Russian Kale has overgrown oak leaves in colors ranging from blue-green to purple-red and tasted good (semi-sweet) raw in salads, and looks pretty too! Chinese Kale is popular for stir-fry dishes and Siberian Kale has enormous gray-green ruffled leaves and better when cooked.



Give your kale a massage!
Massaging kale helps to break down its tough texture and make it more palatable and easier to chew in salads.

Purée it!

Add kale to a smoothie. Blend it with strawberries, mango or banana and kids will never even know they just had kale!

Blend it!

Add a few raw kale leaves right before blending your favourite home-made soup.

Stir Fry it!

Toss shredded kale with garlic, breadcrumbs, and onions in olive oil until wilted.

Steam it!

Steam and toss with dressing of lemon juice, olive oil, garlic, soy sauce, salt & pepper

KALE CHIPS

*Makes 7 cups

Ingredients

- Canola oil spray
- 1 small bunch kale, stems and ribs discarded
- 1 tbsp olive oil
- 1/8 tsp salt

Directions

- Position oven racks in top and bottom thirds of oven
- Preheat to 300F. Spray oil generously on 2 baking sheets
- Massage kale and tear kale leaves into 2" pieces.
- Rinse and pat very dry with kitchen towel.
- Arrange kale in a single layer on prepared sheets. Spray tops lightly with oil, then rub until kale is well coated. Sprinkle with salt.
- Season with fresh pepper.
- Bake in top and bottom thirds of oven, rotating and switching sheets halfway through, until chips are dry and crisp, 20-25 mins.

KALE CAESAR SALAD

*8 servings

Ingredients

- 4 cups chopped fresh kale
- 4 cups torn romaine
- 1 cup Caesar salad courtons
- 1/2 cup shredded parmesan cheese
- 1/2 cup mayonnaise
- 1 tbsp lemon juice
- 1 tbsp Worcestershire sauce
- 2 tsp Dijon mustard
- 2 tsp anchovy paste
- 1 garlic clove, minced
- 1/4 tsp salt
- 1/4 tsp pepper

Directions

- In a large salad bowl, toss kale, romaine, croutons and cheese.
- For dressing, combine remaining ingredients in a small bowl, pour over the salad and toss to coat.
- Serve immediately.

