

Quick Bites



For many years, kale has been a trendy nutritious darling—and for good reason. It is low in calories, an excellent source of fiber and has an extremely high amount of vitamin K. One cup of kale contains over 600% of Vitamin K's recommended daily allowance. This essential vitamin helps the body produce proteins needed for healthy bone, blood and kidney functions. Kale is also high in vitamins A and C and is a good source of calcium and potassium.

Find more recipes at: www.jocoeats.com

Greens & Carrots Rice Bowl

8 cups chopped kale leaves, hard stems removed
2 tablespoons cooking oil
2 large carrots, peeled and chopped
Pinch of salt and pepper
1 1/2 teaspoons low-sodium soy sauce
1 1/2 cups cooked brown rice



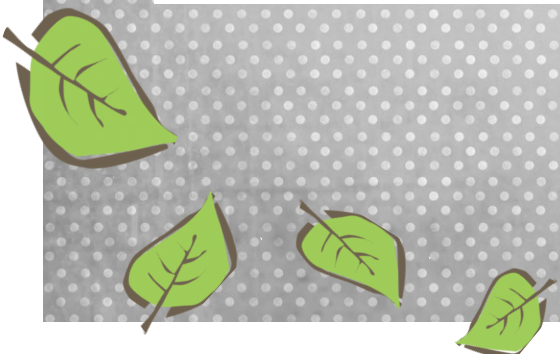
1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Wash chopped kale leaves and carrots.
3. Heat oil in large skillet. Add carrots and sauté 2 minutes. Add greens, salt, and pepper. Continue to cook and toss.
4. When greens turn bright green and begin to wilt, remove from heat. Sprinkle vinegar and soy sauce over top. Toss gently and serve on top of the brown rice.

Makes 4 servings

Adapted from fruitsandveggies.org

Nutrition Facts

4 servings per container	
Serving size	1/4 of recipe
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 1mg	6%
Potassium 428mg	10%



Tips That Make Cents

- ◆ Grow your own fruits and vegetables. Kale grows easily in the garden.
- ◆ Grow herbs in a flowerpot or in a windowsill container.
- ◆ Pick fruits and vegetables at U-pick farms.
- ◆ Plan to can or freeze fruits and vegetables in the summer when they are plentiful. Use them in the winter.
- ◆ Be smart and waste less. Use all food before it spoils.
- ◆ Make a plan to use leftovers in a soup, stew or egg casserole.

Ways to Enjoy Kale!

- **Toss In Pasta:** Add handfuls of washed, dried and stemmed kale to your pasta dishes. Kale is a great addition to both Italian and Asian cuisines.
- **Toss In Soups:** Kale gives a great nutritious boost to any soup or stew recipe.
- **Make Kale Chips:** Preheat oven to 350°F degrees. Wash kale and pat or spin dry. Remove kale leaves from center stalk and tear into bite-sized leaves. Spread kale leaves out on a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss to distribute the oil and seasonings. Bake for 15 minutes or until kale is crispy and edges are slightly browned.

Storage Info: Store kale in a clean plastic bag in the produce drawer of the refrigerator for up to five days. Do not wash before storing but do wash with cold water before serving. Kale purchased in a package labeled “ready to eat,” “washed,” or “triple washed” does not need to be re-washed before eating.



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