

# KALE



## STORAGE

Keep it in a plastic bag in the refrigerator for up to 5 days.

## HELPS SUPPORT

Immune system, vision.

## HOW TO USE

Mix raw kale with your favorite salad dressing, nuts, and grated low-fat cheese for a refreshing salad; Add raw kale to a fruit smoothie.

## COLORS

green, purple.

# SAUTÉED GREENS

Servings: 4

Preparation Time: 15 minutes

## INGREDIENTS

- 5 cups of kale, chard, or collard greens
- 4 medium cloves of garlic
- 2 tablespoons of oil
- 1 pinch of salt
- 1 pinch of ground black pepper



*Photo: Champions for Change Program*

## INSTRUCTIONS

1. Wash the leafy greens in a large bowl filled with cold water, then remove the hard center stem from the greens, and stack the leaves on top of each other. Roll the stacked leaves into a tube shape, making a few stacks if needed.
2. Use a sharp knife to slice the leaf rolls into  $\frac{1}{4}$ -inch wide strips.
3. Peel the garlic and chop it into tiny pieces.
4. In a large pan over medium-high heat, heat the oil. Then add the garlic, and cook it until the edges start to turn light golden. Then add the greens and stir them together.
5. Cook the greens until they are wilted and tender, about 3-4 minutes. If the garlic starts to turn brown or burn, turn the heat down to medium-low.
6. Season the greens with salt and pepper, and serve them hot.

*Adapted from Share Our Strength*