

# HOW TO COOK KALE (or any green) IN 3 EASY STEPS

*To me, greens were that mushy frozen block you buy in the frozen spinach section. I only ate them when I wanted spinach dip. That all changed three years ago when I worked at an organic farm. Now they are my favorite vegetable, and loaded with good stuff! Here is a great way to start eating them. After this, explore other recipes on our site and internet.*

*OK, but before I show you the recipe, here I go on my soapbox, but I have to tell you this - Kale is among the most nutrient-dense commonly eaten vegetables. One cup provides 1,327 percent of the daily value (dv) for vitamin K, 192 percent of dv for vitamin A, and 88 percent for vitamin C, as well as calcium. Many dark green leafy vegetables have relatively high calcium concentrations. The calcium in spinach is however, somewhat poorly absorbed, probably because of the high concentration of oxalate. The study revealed that kale, a low-oxalate vegetable, is a good source of bio-available calcium. Kale is a member of the same family that includes broccoli, turnip greens, collard greens and mustard greens. These low-oxalate, calcium-rich vegetables are therefore also likely to be better sources of available calcium. Women need about 800-1200 mg per day. Look at what greens can give us!*

## 1 cup

*cooked turnip greens 450mg*

*cooked bok choy 330*

*cooked collards 300*

*cooked spinach 250*

*cooked kale 200*

*parsley 200*

*cooked mustard greens 180*

*dandelion greens 150*

*romaine lettuce 40*

*head lettuce 10*

***OK, now for the recipe!***

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- 1. Wash and strip stems off kale.** *(I just grab a stem with one hand while the other grasps the lower leaves, and pull apart, leaving a long naked stem in one hand and a pile of leaves in the other!) You can cut it out too, but it takes longer. Remember, we are looking for EASY!*
- 2. Cut in pieces.** *(I roll up a big pile up of leaves until I have a long "tube" of, then cut across the "tube." Now it's shredded. You can cut crosswise again for little pieces.)*
- 3. Toss in pan of heated oil and stir fry until done to your liking, usually 3-4 minutes. You can boil it too, but this tastes better!**

**I like to add seasonings like salt, garlic, onion, roasted sesame oil, soy sauce, and balsamic vinegar.**

**Enjoy!**