

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Kale

You can find POW! info sheets on the EHHD website!  
[www.ehhd.org](http://www.ehhd.org)  
Look for  
**Produce Of the Week**



What vegetable tastes sweeter after a frost?  
**KALE!**

- ⇒ Kale is a member of the cabbage family
- ⇒ Choose bunches that are dark green and have small to medium leaves
- ⇒ Avoid bunches with brown or yellow leaves
- ⇒ Kale can be stored in the refrigerator for 3-5 days
- ⇒ Store in a plastic bag in the coolest part of the refrigerator

### Nutrition Facts:

- ◆ 1¼ cups raw kale is one serving
- ◆ One serving contains about 40 calories
- ◆ Kale is an excellent source of vitamins A and C & a good source of iron

### Did you know?

- ◆ Kale comes in blue, green, pink and white with crinkled and wrinkled leaves?
- ◆ You can find kale in the produce section of any major grocery
- ◆ Try growing kale at your home! It grows well in Connecticut, and is a beautiful and colorful vegetable to grow!

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7



Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268  
860.429.3325 www.ehhd.org

# Try these delicious, nutritious and healthy recipes!

## Sautéed Kale with Crasins

6 Servings

### INGREDIENTS

- 2 bunches fresh kale, rinsed
- 2 cloves garlic, chopped
- 2 T vegetable oil
- ¼ cup crasins (can substitute raisins)
- ¼ cup sliced or slivered almonds

### DIRECTIONS

1. In a large skillet, heat oil and add garlic; sauté for 2 – 3 minutes
2. Take bunches of rinsed kale and cut into inch strips
3. Add kale to skillet and stir into garlic; add ¼ cup water, cover and cook for 5 minutes on medium heat.
4. Add crasins and almonds; mix well and serve

**Simple ways to enjoy Kale:** Kale is great steamed and seasoned with lemon juice & a dash of olive oil ~ or ~ add to a stir fry dish for a boost of nutrients!



## Noodles & Kale

1. Cook favorite noodles – soba, fettuccine, or rice noodles for example
2. Add chopped kale when pasta is about 5 minutes from being done (about 1 cup fresh kale per serving)
3. Season with a small amount of sesame oil, sesame seeds and salt.

Enjoy!

Source for recipes: [www.allrecipes.com](http://www.allrecipes.com), [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**