

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
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

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Try these delicious, nutritious and healthy recipes!

Sautéed Kale with Crasins

6 Servings

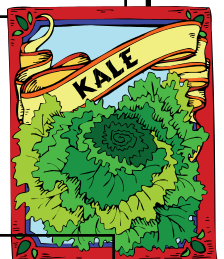
INGREDIENTS

- 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, 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!