

Nutrition Spotlight: Kale

Kale is a nutritional powerhouse! It is rich in vitamins A, C, and K and contains significant amounts of potassium, calcium, and iron.

To store in the fridge, wrap unwashed kale in paper towels then place into an airtight plastic bag for storage in the crisper drawer.. Kale will stay fresh for up to 1 week.

To freeze, wash and place kale into a pot of boiling water for 2 minutes. Transfer to ice bath for 1-2 minutes, then drain and pat dry. Place kale in freezer bags for up to 6 months.

*Avoid food waste! You can save the ribs from kale for pesto.

Kale and Wild Rice Salad

Makes 4 servings

Ingredients:

- 1 bunch kale, washed and dried
- 2 c. wild rice, cooked and cooled
- 3 tbsp. olive oil
- ¼ tsp. salt and pepper
- 2 tbsp. fresh dill, minced
- 1 tbsp. apple cider vinegar
- 1 tsp. mustard
- 1 c. turnips and radishes or other seasonal vegetables, washed and thinly sliced
- ¼ c. sunflower seeds

Directions

1. Pull or cut kale leaves away from the tough stems. Slice or tear the leaves into bite-sized pieces and place into a large bowl.
2. In a small bowl, whisk together the oil, salt/pepper, herbs, vinegar, and mustard until combined. Pour the dressing over the kale. Using your hands, massage the kale until the leaves have softened (2-3 minutes).
3. Add in cooked wild rice, vegetables, and sunflowers seeds. Toss to combine.