

Foodies @ the Food Bank

Children's Healthy Living Program

KALE!

A vital vegetable, rich in nutrients, health benefits and delicious flavor.



Vitamin K

Vitamin C

Calcium

Vitamin A

Anti-Inflammatory

Low
Calorie

Antioxidants

Potassium

Kids Can Cook **KALE!**

Cooking with kids brings families together, makes them more willing to try new foods and gives them a lifelong skill.

Littlest Helpers (~2years) can:

- Wash tables and counters
- Wash fruits or vegetables
- Massage kale
- Break or tear vegetables or lettuce

~2-3 year olds can:

- Mix batter and stir sauces
- Pour ingredients into bowls

~4-5 year olds can:

- Cut soft fruits or vegetables with a plastic knife
- Beat eggs with a whisk
- Measure dry or liquid ingredients

~6-8 year olds can:

- Measure dry and liquid ingredients using a spooning and leveling method
- Chop and dice vegetables and fruits with supervision
- Grate cheese and crack eggs

What is kale good for?



Eyes

Skin

Reduce risk of heart
disease and cancer

Healthy weight

Bones



Healthy Kid Kale Recipes

Crunchy Lemony Greens

5 servings
\$1.30 per serving

Ingredients

1 bunch kale, stalks removed and discarded, leaves thinly sliced
1 lemon, juiced
1/4 cup olive oil, plus extra for drizzling
salt
2 teaspoons honey
ground black pepper to taste
1 mango or apple, diced small (about 1 cup)
handful toasted pumpkin or sunflower seeds

Directions

In a large bowl, add kale, half of lemon juice, a drizzle of oil and a little salt. Massage until the kale starts to soften and wilt—2 to 3 minutes. Set aside.

In a small bowl, whisk remaining lemon juice with the honey and freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes.

Pour the dressing over the kale, and add fruit and seeds. Toss and serve



Kale is a nutritional superstar!
One serving has all the vitamin A,
K, and C you need for the day!

Nutrition Facts

Serving Size 3/4 cup	
Amount Per Serving	
Calories 158	Calories from fat 108
%Daily Value	
Total Fat 12 g	18%
Sodium 91 mg	4%
Total Carbohydrate 12 g	4%
Dietary Fiber 2.1g	8%
Added Sugars 1.9g	
Protein 2.6 g	
Vitamin A 137%	Vitamin C 97%
Vitamin K 464%	Vitamin E 17%
Calcium 7%	Iron 6%

Dinosaur Chips

4 servings
\$.70 per serving

Ingredients

1 bunch dinosaur kale (any variety will work)
1 tablespoon olive oil
1/2 teaspoon salt

Directions

Preheat an oven to 350 degrees F.

Carefully remove the leaves of the kale from the thick stems and tear into bite size pieces Wash and thoroughly dry kale with a salad spinner or carefully with paper towels.

Put leaves in a bag and drizzle kale with olive oil and sprinkle with seasoning salt. Shake the bag to distribute the oil and salt. Spread leaves on cookie sheet and bake until the edges are brown (not burnt), about 10 minutes.

Baked kale chips can be snacked on, eaten with meals or added to salads. These crispy chips keep bagged in the fridge for a week or two.



Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 51 Calories from fat 21

%Daily Value

Total Fat 3.4g **5%**

Sodium 312mg **13%**

Total Carbohydrate 4.2g **1%**

Dietary Fiber 1.5g **6%**

Added Sugars 0g

Protein 1.4g

Vitamin A 200% Vitamin C 50%

Vitamin K 759% Vitamin E 7%

Calcium 5% Iron 4%



Eating:

Kale is a green, white, bluish green, or sometimes even purple, vegetable that is similar to a mild cabbage. It can be baked, steamed, sautéed, pureed, juiced or eaten raw.



Selecting:

Choose kale in the refrigerated section of the produce department. Purchase kale that is rich in color. Avoid kale that has wilted or yellowed.



Washing:

Greens grow close to the ground and will need multiple rinsing. Fill a clean sink or large bowl with water and swirl greens. Drain and repeat.



Storage:

Use kale within 5 days. The longer you store kale, the stronger and more bitter its flavor becomes. Wrap unwashed kale in damp paper towels and place in a plastic bag. Store in the vegetable crisper



Preserving:

Too much to eat? Remove the stems, blanch (drop the leaves in boiling water) for 2 minutes, immediately remove them from the hot water with a slotted spoon and let cool on ice, drain, dry and place in an airtight bag in the freezer. Use in smoothies, stir fry or any other recipe!

Children's Healthy Living Program: 907 474 7084



This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture's Expanded Food and Nutrition Education Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call-465-3347or go to.hss.state.ak.us/dpa/programs/ftamps.is an AA/EEO employer and educational institution.