



KALE AND COLLARD GREENS



NUTRITION BENEFITS

- Vitamin A: helps with seeing at night and helps immune system
- Vitamin C: helps heal cuts and helps the immune system
- A good source of calcium: helps keep bones and teeth strong
- Low in calories: helps prevent weight gain



STORING

- Put greens in the refrigerator as soon as possible after you get them.
- Do not wash greens before storing in the refrigerator. If they are wet, blot them dry with clean kitchen towels or paper towels.
- Store greens in a clean plastic bag in the produce (crisper) drawer for up to 5 days.



CLEANING

- Greens that are in a package and labelled as “ready to eat,” “washed,” or “triple washed” do not need to be washed before eating.
- Greens that are not packaged do need to be washed before eating. So do packaged greens, like hearts of romaine that are not labelled as “ready to eat” or “washed.”
- Wash greens right before using. To clean greens, follow these steps:
 1. Throw out the outer leaves if they are torn or bruised. Separate the leaves.
 2. Put leaves in a bowl of cold water and swirl around. Lift out of the water with your hands or a slotted spoon.
 3. Fill the bowl with fresh water and swirl the greens again. Repeat with fresh water until you do not see dirt in the water.
 4. Dry the leaves. You can do this with a strainer or colander, blot them dry with clean kitchen towels or paper towels, or use a salad spinner to remove as much water as possible.



PREPARING

- To liven up your salads, use dark greens in place of lettuce. Try adding new ingredients:
 - Fruit: Fresh or dried berries, drained canned mandarin oranges, or thin slices of apples or pears
 - Nuts: Walnuts, pecans, sunflower seeds, almonds
 - Beans: Black beans, kidney beans, chickpeas, white beans
- Stir-fry kale or collard greens with other vegetables and serve as a side dish.

Other Ideas

- Kale and collard greens can be added to lots of foods, like scrambled eggs, pasta sauce, or soups.
- Add collard greens to sandwiches.
- Add a handful of kale to smoothies.



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