

# Kale

## Storage

Wrap loosely in paper towels and store in crisper drawer for up to three days.



## Nutrition

Kale is an extremely nutrient rich leafy green. It has anti-oxidant, anti-inflammatory, and cancer preventative benefits and also improves heart health by reducing cholesterol.

## Preparation

Wash well in cold water then trim the stalks and central veins. Kale can be boiled, steamed, sauteed or roasted. It is a tougher green and may take up to 20 minutes to cook down.

