

Foods For Thought

Volume 1 | Issue 1



Featuring:

KALE



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator.

Kale and Sausage Soup

Ingredients

1/2 pound kielbasa or Polish sausage, cut into 1/4 inch slices
3 medium potatoes, cut in 1-2" pieces
2 medium onions, chopped
2 tablespoons olive oil
1 bunch of washed kale, trimmed and torn
4 garlic cloves, minced
1/4 teaspoon pepper
1/4 teaspoon salt
2 bay leaves
1 can (14 1/2 ounce) diced tomatoes, undrained
1 can (15 ounce) garbanzo beans or chick peas, rinsed and drained
1 carton (16 ounces) chicken broth
8 ounces of water

Directions

1. In a Dutch oven over medium-low heat, cook sausage, potatoes, onion and garlic in oil for 5-6 minutes or until sausage is heated, stirring occasionally. Add kale; cover and cook for 2-3 minutes or until kale is wilted.
2. Add remaining ingredients. Bring to boil. Reduce heat; cover and simmer 10-15 minutes. Discard bay leaves.

Nutrition Information

266 calories; protein 10.6g; carbohydrates 16.4g; fat 18g; cholesterol 15.5mg; sodium 290.9mg

Kale, Quinoa and Avocado Salad with Lemon Vinaigrette

Ingredients

2/3 cups quinoa
1 1/3 cups water
1 bunch kale, washed and torn into bite-sized pieces
1/2 avocado - peeled, pitted, and diced
1/2 cup chopped cucumber
1/3 cup washed chopped red bell pepper
2 tablespoons washed chopped red onion (Optional)
1 tablespoon crumbled feta cheese

Dressing

1/4 cup olive oil
2 tablespoons fresh lemon juice
1 1/2 tablespoons Dijon mustard
1/4 teaspoon sea salt
1/4 teaspoon ground black pepper

Directions

1. Bring the quinoa and 1 1/3 cup water to a boil in a saucepan. Reduce heat to

medium-low, cover, and simmer until quinoa is tender, and the water has been absorbed, about 15-20 minutes. Set aside to cool.

2. Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale until hot, about 1 minute; transfer to a large bowl. Top kale with quinoa, avocado, cucumber, bell pepper, red onion, and feta cheese.

3. Whisk olive oil, lemon juice, Dijon mustard, and black pepper together in a bowl until the oil is emulsified into dressing; pour over salad.

Nutrition Information

343 calories; protein 8.9g; carbohydrates 30.4g; fat 8.3g; cholesterol 2.1mg; sodium 252.1mg, 6.4 grams of dietary fiber, rich in vitamin A and C.



Who said this?

Leafy greens such as romaine lettuce, kale, collards, Swiss chard, and spinach are the most nutrient-dense of all foods.

- Joel Fuhrman - author and physician



pigments that give kale a deep, dark green color and protect us against macular degeneration and cataracts. Minerals include phosphorus, potassium, calcium, and zinc.

Source: Healthline

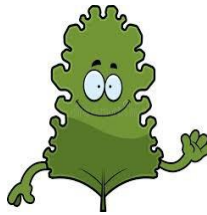
Believe It or Not:

- Flavored "kale chips" have been produced as a potato chip substitute.
- A traditional New Years Danish dish: boiled ham, glazed potatoes and stewed kale
- In Ireland, kale is mixed with mashed potatoes to make the traditional dish *colcannon*.



What is... Kale?

Kale is a dark, leafy green you can eat raw or cooked. This superfood has been on dinner plates since Roman times and has long been common across much of Europe. The vegetable hails from the cabbage family, which also includes broccoli, cauliflower, and collards. Kale is more popular than ever, and it's packed with vitamins and minerals.



Eden Mill Gardens

Health Benefits


Vitamin A (important for eye and bone health and a strong immune system), **Vitamin C** (aids in cold and chronic disease prevention), **Vitamin K** (good for blood clotting and bone building), **Folate**, a B vitamin that's key for brain development and **Alpha-linolenic acid**, a type of omega-3 fatty acid found in plants. Although kale has far less omega-3 than fish, it's another way to get some of this healthy fat into your diet.

Lutein and zeaxanthin are beneficial plant

**Coming
Attraction:
Beets!**



**MASTER
GARDENER** 

 www.facebook.com/HarfordMG/

University of Maryland Extension
Harford County Office | 3525 Conowingo Rd.
Street, MD 21154 | 410-638-3255
www.extension.umd.edu/Harford-county

Joyce Browning, Master Gardener Coordinator
jbrowni3@umd.edu

Jennifer Dixon Cravens, Family & Consumer Sciences
Educator jdixoncr@umd.edu

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.