

Chrispy Kale

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Directions

- Preheat oven to 165 degrees F. Line a non insulated cookie sheet with parchment paper or foil or nothing.
- Wash Kale. Slap Kale against absorbent dish towel to shake off excess water. (a salad spinner could work too).
- With your hands, remove the leaves from the thick stems and tear into bite size pieces. Drizzle kale with olive oil and sprinkle with salt. Again with your hands, scoop kale and “massage” until oil and salt cover the leaves.
- ‘Bake’ until kale is crisp, 20 to 30 minutes. (maybe more but watch for burning. Low heat for longer time is better so to avoid browning or burning.



Kale

A Truly Great Vegetable



Kale: *What is It?*

- A plant belonging to the Brassica genus, commonly referred to as cruciferous vegetables.
- Cruciferous vegetable; cruciferae:

A large family of plants with four-petaled flowers; includes mustards, cabbages, broccoli, turnips, cresses, and their many relatives.

Some varieties can reach a height of six or seven feet; and some are compact and symmetrical. Most Kale is either annuals or biennials, and is raised from seeds.

Giant Kales



Pretty Kales



Nutrition -

- Kale is very high in:
- beta carotene
- vitamin K
- vitamin C
- lutein zeaxanthin
- reasonably rich in calcium

Kale, as with broccoli and other brassicas, contains sulforaphane (particularly when chopped or minced), a chemical with potent anti-cancer properties.

Along with other brassica vegetables, kale is also a source of indole-3-carbinol, a chemical which boosts DNA repair in cells and appears to block the growth of cancer cells. Kale is also a good source of carotenoids.

Kale Growing in the Ground



Kale farmer



Safety profile

- Because of its high vitamin K content, patients taking anti-coagulants such as warfarin are encouraged to avoid kale since it increases the vitamin K concentration in the blood, which is what the drugs are attempting to lower. This effectively raises the effective dose of the drug and causes toxicity. (deep vein thrombosis, pulmonary embolism, myocardial infarction and stroke.)
- Cruciferous vegetables can potentially be goitrogenic (inducing goiter formation). They contain enzymes that interfere with the formation of thyroid hormone in people with iodine deficiency. Cooking for 30 minutes significantly reduces the amount of goitrogens and nitriles. At high intake of crucifers, the goitrogens inhibit the incorporation of iodine into thyroid hormone.

Websites



- Eat more kale: great info & four very basic recipes
<http://eatmorekale.com/includies/kalechip.pdf>
- Kale: nutrition facts
<http://www.nutrition-and-you.com/kale.html>
- Kale recipe for kale pesto
<http://www.tastespotting.com/features/kale-toasted-walnut-pesto>

Kale recipe for kale tart (pictured above)

<http://thewimpyvegetarian.com/tag/kale-tart/>





Fin - Merci



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