

# On the Track to Better Health

## INSIDE THIS ISSUE:

Kale versus Spinach: Which is best?	1
Selecting, cook, and serving kale	1
Monthly Recipe	2

## Kale versus Spinach: Which is best?

Kale has become a popular choice for people looking to enjoy the benefits of eating leafy green vegetables. Kale is an excellent source for vitamin K and is high in antioxidant nutrients. With its high fiber content, kale provides great support for the digestive system.

The health benefits of kale, along with its beautiful leaves and earthy flavor has led some to make the claim that Kale is better than Spinach.

But, is it really?

Spinach, like kale, is a dark, leafy green vegetable that is packed with vitamins, minerals and anti-inflammatories. Spinach is among the most nutrient dense foods available and can be eaten raw or cooked.

Spinach should be chosen when the leaves are deep green, without signs of yellowing or bruising. Like kale, avoid washing spinach before storing as washing



will make the spinach spoil faster. Wash just before using. Spinach can be stored in a plastic bag with as much air removed as possible and can be refrigerated for up to five days.

Kale and Spinach are excellent sources of vitamins and antioxidants. These leafy greens can each be classified as a superfood because of the variety of health benefits

they offer.

So, which is best?

Perhaps the most appropriate answer is that you can't go wrong with either. Try each and choose the one that fits your taste best.

Another option is to combine the two. Spinach and kale go great together in a salad.

## Selecting, cooking, and serving kale

### Selecting

Select kale that has firm, deep colored leaves and moist hardy stems. Kale should be stored at cool temperatures to prevent wilting. The leaves should look fresh, not wilted or brown. Kale can be stored in plastic storage bags with as much of the air removed as possible. It can be stored

in the refrigerator without washing for about five days to avoid fast spoilage. Leaves should be washed before use.

### Cooking

Kale must be cooked properly to enjoy the maximum nutritional benefits. It is recommended that the leaves are cut into

half-inch slices and the stems into quarter-inch lengths. The kale should be steamed for five minutes.

### Serving Tips

Kale makes an excellent addition to a smoothie. Try a half-cup chopped kale and one cup of your favorite dairy product and enjoy!

## Monthly Recipe: Kale chips

**Makes:** 6 servings

Total Calories: 63

Total Fat: 4 grams

Protein: 3 grams

Dietary Fiber: 1 gram

Protein: 3 grams

### Ingredients:

4 cups bunch kale

1 ½ tablespoons olive oil

### Directions:

1. Line a cookie sheet with parchment paper (optional).
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.



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