

SUMMER FRESH! CRUCIFEROUS VEGETABLES



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Cruciferous vegetables [kroo-sif-er-uh s], such as **cauliflower, broccoli, cabbage, kale** and **Brussels sprouts** are a good source of vitamin C, folic acid, iron, calcium, beta-carotene and fiber. Many cruciferous vegetables can be eaten raw, as crudité's with your favorite reduced-fat dip or hummus; or try chopping them up and putting them in salads for some extra-nutritious crunch. Cooking them is great too they are yummy and nutritious sautéed or steamed; top them with your favorite herbs and/or Parmesan cheese for added flavor! Kale is a popular cruciferous vegetable harvested all summer long (though it may need some shade in the intense heat). Learn more about this nutritious veggie below.

Fun facts about kale!

- Kale is a powerhouse when it comes to nutrition! A single cup of raw kale has just 33 calories yet contains 684% of your daily value of vitamin K, 134% of your daily value of vitamin C, 206% of your daily value of vitamin A plus iron, folate, omega-3s, magnesium, calcium, iron, fiber and 2 grams of protein!
- Kale has more calcium than milk and more vitamin C than an orange!
- Kale can be many colors including green, white, purple or bluish green.
- During World War II, families were urged to grow kale as a food source when food was scarce.
- Kale is one of the most cold-resistant of the cabbage family, it can survive in temperatures as low as 5°F, but it doesn't thrive in high temperatures.

Adapted from:

<https://www.webmd.com/diet/features/7-fun-facts-about-kale#2>;

<https://easyscienceforkids.com/kale/>

Check out the January Commit to Health Foods of the Month newsletter for more information about cruciferous vegetables and nutritious, yummy recipes!

KALE, APPLE AND QUINOA SALAD!

(6 servings)

INGREDIENTS:

- ½ cup quinoa
- 6 cups slightly packed chopped kale (1 ½ bunches, remove thick ribs before chopping, 6 oz chopped)
- 2 crisp sweet apples (such as gala), skin on, cored and chopped
- ½ cup walnuts, lightly toasted and roughly chopped (or pecans, almonds optional)
- ½ cup dried cranberries
- 4 oz goat cheese or feta cheese, crumbled (optional)
- 8 Tbsp balsamic vinaigrette salad dressing (or other vinaigrette), divided*

INSTRUCTIONS:

1. Cook quinoa according to directions on package and cool completely.
2. Mix kale, apples and dried cranberries in a salad bowl, pour 6 Tbsp vinaigrette dressing over salad and toss until everything is evenly coated.
3. Cover bowl and chill 15 minutes.
4. Remove salad from refrigerator, add quinoa and nuts (if using). Pour remaining dressing (2 Tbsp) over salad then toss.
5. Add goat cheese and toss gently, if using.
6. Serve or store covered in refrigerator for up to 4 hours.



*For a great dressing recipe visit:
<https://www.cookingclassy.com/autumn-kale-apple-quinoa-salad/>

Recipe adapted from:
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BAKED KALE CHIPS

INGREDIENTS:

- ½ bunch washed kale
- 2 tsp olive oil
- Pinch of salt

INSTRUCTIONS:

1. Heat oven to 275°F.
2. Tear kale into small, bite-sized pieces, and put in a mixing bowl. (Kale bakes better if it is thoroughly dried before mixing).
3. Add olive oil and salt, mix well, slightly massaging the kale leaves.
4. Spread kale onto baking sheet(s), in a single layer, giving each piece

some room to ensure crispiness when baking.

5. Bake for 15 minutes, then turn kale over and bake for 10 minutes or more, until kale is crispy (keep an eye on the kale, it can burn easily).
6. Let cool and enjoy!

SEASONINGS:

Try adding different seasonings, maybe a bit of cayenne red pepper, garlic powder or onion powder – experiment!



Recipe adapted from:
<http://teentytinyfoodie.com/lets-make-kale-chips-toddler-recipe/>



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