



BENEFITS

Because it doesn't get cold feet!

Also known as curly kale, this vegetable is popular in Quebec because it's easy to grow and can tolerate temperatures as low as -15 degrees! It also comes in many colours, from light to dark green, to red, to bluish green.

Because different is good!

Yes, and it is indeed different: kale is the only member of the cabbage family to have curly leaves that do not form a head. It also bears the closest resemblance to wild cabbage.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



KALE SALAD

Portions: 4  15 min

Ingredients

- 1.25 L (5 cups) kale leaves, chopped
- 250 ml (1 cup) mushrooms, sliced
- 250 ml (1 cup) celery and/or radishes, thinly sliced
- 1 green onion, chopped
- 30 ml (2 tbsp) rice vinegar
- 15 ml (1 tbsp) soy sauce
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) sesame oil
- Sesame seeds to taste
- Pepper to taste

Directions

1. Combine the first 4 ingredients in a salad bowl.
2. Whisk together the vinegar, soy sauce and oils in a small bowl. Pour over the vegetable mixture and toss to combine.
3. Add the sesame seeds and pepper to taste.

Variation

You can add 1 cup of cooked quinoa to this recipe.

Source: Julie Strecko, RD



BONUS - KALE CHIPS!

In a bowl, mix kale leaves with a little olive oil and soy or tamarind sauce. Spread the kale in a single layer on a baking sheet. Bake in the oven at 150°C (300°F) for 15 to 20 min, or until the kale is crispy and still green.

*If the kale blackens, that means it's overbaked and will taste slightly bitter. It's best to check on the leaves regularly and remove them from the oven as soon as they become crisp. Kale chips can be stored for about a week in a sealed container.



LEMONY PASTA WITH KALE

Portions: 4  15 min  15 to 20 min

Ingredients

- 2 L (8 cups) kale leaves
- 375 g (1 1/2 cup) long pasta
- 15 ml (1 tbsp) butter
- 1 small onion, thinly sliced
- 1 red pepper, thinly sliced
- 3 gloves garlic, chopped
- 10 ml (2 tsp) lemon zest
- 15 ml (1 tbsp) flour
- 310 ml (1 1/4 cup) 5% cream
- 30 ml (2 tbsp) lemon juice
- 30 ml (2 tbsp) grated Parmesan
- 1 pinch of ground nutmeg
- Salt and pepper to taste

Directions

1. In a large pot of boiling salted water, cook the kale for about 3 min. Using a slotted spoon, transfer the kale to a colander to drain.
2. Bring the pot of water back to a boil and add the pasta. Cook according to package directions. Drain and return to pot.
3. In a frying pan, melt the butter over medium heat. Sauté the onion, red pepper and garlic for about 5 min. Add the kale and cook for about 3 min, stirring often. Add the lemon zest and salt and pepper to taste.
4. In a bowl, whisk the flour into the cream. Pour into the frying pan and bring to a simmer, stirring. Reduce heat and simmer, stirring, until slightly thickened (about 2 min).
5. Pour the sauce over the pasta and add the lemon juice, nutmeg, salt and pepper. Toss to coat and serve sprinkled with grated Parmesan cheese.

Source: dairygoodness.ca/recipes

