

Kale ~ Wintertime's Gem

One of the more common yet least understood wintertime greens is kale. Many people either haven't heard of it, or they know what it looks like, but are reluctant to make a main dish out of something that resembles thick, overgrown parsley.

Nutritionally, kale is superior to the other winter greens! It is jam-packed with iron, calcium, and vitamin C. It has 27 milligrams of vitamin C per serving, which is almost half of what you'd find in an orange. The calcium found in kale (135 mg) is proven to be more easily assimilated than the calcium in milk. Kale is a member of the brassica family, along with broccoli, cabbage, brussels sprouts and collards, and has many of the cancer fighting powers attributed to this family. It also contains carotenoids, a recognized antioxidant.

Kale, while grown year round in cooler climates, actually thrives in cold weather. Try this tasty dish and allow yourself to be won over by the sweet goodness of this wintertime green.

Greens with Roasted Garlic and Walnuts

2 large bulbs of garlic

3 tablespoons olive oil

1 cup walnuts, toasted

3 bunches of greens (chard, kale, collards or spinach)

salt and pepper to taste

✓Put the garlic bulbs in a shallow pan with 1 tablespoon of olive oil.

✓Place in 350° oven for 20-30 minutes, or until completely soft.

✓Meanwhile, wash and chop the greens. Keep them moist.

✓Add the remaining 2 tablespoons of olive oil to a wide pan at medium-low heat.

✓Add the greens and cover. Let it cook until the leaves are limp and tender.

✓Place in a serving dish and sprinkle with the toasted walnuts, salt and pepper.

✓Squeeze the roasted garlic cloves out of the skins and toss the whole mixture together.

Comparing Greens 3 ½ ounces raw (2 to 3 cups)

TYPE	CALORIES	BETA CAROTENE (mg)	VITAMIN C (mg)	CALCIUM (mg)	IRON (mg)
Beet Greens	19	4	30	119	3
Collards	19	2	23	117	0.6
Dandelion Greens	45	8	35	187	3
Kale	50	5	120	135	2
Mustard Greens	26	3	70	103	1
Swiss Chard	19	2	30	51	2
Turnip Greens	27	5	60	190	1

