Kale comes in a variety of types which differ in color, texture, and flavor. The 2 most common types are curly and lacinato, which is also known as dinosaur or Tuscan. Did you know Kale is a part of the Brassica oleracea family. This family consists of cruciferous vegetables, such as broccoli, cabbage, cauliflower, bok choy, collard greens. Since Kale is a part of this cruciferous vegetable family, it offers a lot of health benefits due to a variety of nutrients.

Nutrition & Health Benefits

- At only 33 calories per 1 cup, Kale packs a lot of punch with its nutrient profile.
- Kale is rich in Vitamins K, C, A, B6, and folate. Along with minerals, such as manganese, potassium, calcium, zinc, and magnesium.
- Kale is an excellent source of carotenoids, such as lutein and zeaxanthin, which contribute to the dark green color of Kale. These nutrients protect against macular degeneration and cataracts.
- Kale is also rich in fiber, which helps with providing a feeling of fullness and colon health.
- As a member of the cruciferous vegetable family, kale contains phytochemicals known as glucosinolates. Glucosinolates have anti-inflammatory properties, which may help prevent cancer and cardiovascular disease.

How to Use Kale

Due to Kale's fibrous texture, it can be a little tough, particularly the stems. However, the stems are edible if prepared in a fashion to soften it. Here are some ways to consider using kale:

- Add to smoothies, stir-fry, soups, stews, casseroles, meatloaf or homemade burger patty
- Bake leafy pieces to make chips
- Make a pesto out of kale
- Use kale leaf as a wrap or tortilla
- Massage with olive oil for 1-2 minutes and add to salads

References: