

Kale

- Rinse in cool water and cut leaves away from stems. Chop to desired size.
- Add to breakfast egg dishes, sauté with garlic & olive oil and toss with pasta or grains or substitute for cooked spinach in recipes.
- Take your time eating (1-2 weeks)

Refrigerate unwashed in a plastic bag.

To freeze: wash, blanch 2 min, dry, cool, and seal in plastic bag.

