

Benefits of Kale and Why It Is a Superfood

By Jaya Patel

Kale Nutrition Facts

Kale, along with other dark leafy greens like collard greens, dandelion, and mustard greens, are unequivocally the nutrient powerhouse packing more nutrient per unit calorie than any other foods.

Kale is extremely high in Vitamin K, A, and C, copper, and manganese. It has adequate amount of vitamin B6, potassium, calcium, thiamin, riboflavin, niacin, folate, pantothenic acid, iron, magnesium, phosphorus, zinc, and selenium. What's surprising is that one cup of chopped kale also has 121 mg of Omega-3 fatty acids, and 92 mg of Omega-6 fatty acids.

Kale is a powerful anti-oxidant containing B-carotene, zeaxanthin, and lutein. Zeaxanthin and lutein, found in leafy greens like spinach, swiss chard, and kale are literally vitamins for your eyes.

So what do all these vitamins, minerals, and anti-oxidants mean for your body? Eating kale as regular part of your diet reduces risk of stroke, cancer, and protects from coronary artery disease to name a few.

Healthy Kale Recipes

Wash the kale thoroughly and remove the thick stem.

As any raw foodist will tell you, vegetables including kale is best when consumed raw. Once you cook, you do diminish some of its nutrients and enzymes.

You can make a raw salad by dicing it small so it's easy to eat and then add a creamy dressing or sliced almonds and some fresh apple. You can make it as a kale-slaw trying with various delicious salad dressings.

Juicing is a great way to reap its nutritional benefits. A little bit goes a long way. You can make a combo juice with kale, carrot, cucumber, and celery. Add in an apple if you like your juices a bit sweet. Leave the stem as you want to juice everything and it's easier to juice kale



through a juicer with celery or cucumber or any other fruit/vegetable with a higher water content.

A common way most people like to consume it is by sauteing it. You can saute it with some olive oil, onions, garlic, a little bit of broth, salt and pepper. A little bit of red wine vinegar also tastes good. Fresh herbs like parsley always adds to the taste.

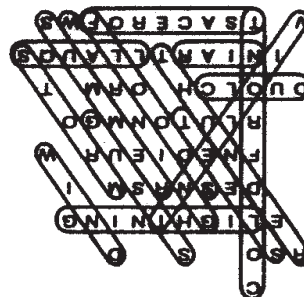
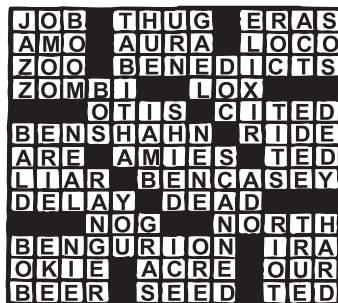
You can simply bake the kale. Make sure you dry the kale completely (use a salad spinner) after you wash it if you want your kale to be crispy after baking. Sprinkle with olive oil, place it in a pan or sheet inside a preheated 350 degree oven and bake for 10 or 15 minutes. Another secret to crispy baked kale is not to salt it before you bake it in the oven but rather afterwards. The kale should still be green and not burnt so check it often when you are making it for the 1st time and adjust your timing and oven heat for next time accordingly.

You can include Kale in your everyday recipes like adding it to your soups, pizza, and pasta.

If you haven't cooked kale before, It can be intimidating to try a new vegetable and easy to not pick it up at the grocery store. But this is one leafy green that you must include in your weekly meals. Because of its high vitamin, mineral, and anti-oxidant content, it easily gains its title as a superfood.

About the Author: Jaya Patel has a health and wellness online store <http://ehealthyfoods.net/>. She is a blogger for all things healthy and non-toxic. She is dedicated to empowering others to achieve holistic health for them and their families through their food choices, cleaning products and personal care products. Examples of topics she writes about are home remedies for various ailments, superfoods that pack the most nutritional punch, natural and alternative therapies, non-toxic and truly natural products for your home, skin and hair.

BRAIN GAMES ANSWERS



Differences:

1. Pullover is changed,
2. Sleeves are longer,
3. Title is different,
4. Lamp is moved,
5. Blind is raised,
6. Picture is missing