



Kale and Potato Soup

4 teaspoons olive oil	6 red potatoes, diced	¼ teaspoon black pepper
1 chopped yellow onion	½ cup chopped carrot	
3 cloves garlic, minced	4 cups shredded kale	
1 box (48 ounce) low-sodium chicken broth	½ pound cooked chicken breast, shredded	

- In a large saucepan, **heat** the olive oil over medium heat for 1 minute. **Add** chopped onion and garlic and **cook** uncovered for 5 minutes.
- Add** chicken broth, potatoes and carrot; cover and bring to a boil.
- Reduce heat** and simmer for 20 minutes.
- Mix** in the kale, chicken and black pepper. **Cover and simmer** for 15

minutes or until kale is tender.

Yield: 6, 1½ cup servings.

Nutritional Analysis:
270 calories, 5 g fat, 1 g saturated fat, 25 mg cholesterol, 210 mg sodium, 43 g carbohydrate, 5 g fiber, 15 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Kale

SEASON: May through June and September through November.

NUTRITION FACTS: Kale is a good source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. It is low in calories, sodium and contains no fat.

SELECTION: Choose dark colored, small to medium sized leaves. Leaves should be fresh, young and tender. Avoid greens with coarse stems or yellowed, dried, limp leaves.

STORAGE: Store kale and other greens in the coldest part of the refrigerator for no more than 2 or 3 days.

PREPARATION: Wash leaves in lukewarm water. Remove roots, rough ribs and center stalks if they are large or fibrous.

To cook: Add washed greens to a medium-sized

Source: www.fruitsandveggiesmatter.gov

saucepan with ¼ inch of water. Bring water to a boil. Cover and cook until tender. Crisp and tender leaves may require 5 to 10 minutes.

To freeze: Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave ½-inch headspace, seal, label and freeze. Greens can be stored for up to 1 year.

KENTUCKY KALE

Kentucky Proud Project

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