

# HOW TO USE KALE

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## SALAD

Chop the kale into small portions and mix well with lemon juice, then pair with other salad fixings.

## KALE CHIPS

Chop into chip-size portions, coat in olive oil, salt and pepper, maybe other spices, then bake until crispy.

## STIR FRY

Saute the kale along with onion, pepper, carrots, and more. Stems may be included for a nice crunch!

## PESTO

Replace the classic basil with kale for a different flavor and new nutrient profile.

## SANDWICH

Out of spinach or romaine? Throw the leafy portion of the kale into your sandwich for a nice, healthy crunch.

## SHARE SOME

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