



Massaged Kale Salad

By Erin Fletter

Prep Time 10 / **Cook Time** 0 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

massage: to rub or knead a food to tenderize (e.g., raw beef) or one food into another to infuse flavors (e.g., mint leaves into sugar or oil and salt into kale leaves).

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

wilt: to cook a leafy vegetable very briefly until it has lost its shape.

Equipment

- Large serving bowl
- Cutting board
- Kid-safe knife
- Citrus squeezer (optional)
- Measuring spoons
- Liquid measuring cup
- Salad spoon or tongs

Ingredients

Massaged Kale Salad

- 1 bunch lacinato (black) kale, stalks removed and discarded (or roughly 3 heaping C of bagged kale)

- 1 lemon, juiced
- 1/4 C olive oil + extra for drizzling
- 1 tsp salt, for sprinkling kale
- 2 tsp granulated sugar, agave syrup, or honey + more for taste
- 1 small handful toasted pepitas or sunflower seeds, optional

Food Allergen Substitutions

Massaged Kale Salad

Instructions

Massaged Kale Salad

tear + squeeze + drizzle

Have kids tear leaves of **1 kale bunch** (discard the stalks) into small bits and add them to a large serving bowl. Squeeze the juice of **1/2 lemon** over the kale along with a drizzle of olive oil and a sprinkle of salt.

edible education

Green leafy vegetables are nutrient-dense foods, filled with vitamins, minerals, and fiber, and are low in calories. They provide several health benefits, such as reduced risk of heart disease and certain cancers, and they aid in healthy weight management and increasing cognitive function.

massage + wilt

Using clean hands, have kids massage the kale until it starts to soften and wilt, about 2 to 3 minutes. Set it aside while kids make the dressing.

scrumptious science

Making salad dressing can be a little tricky. The density of oil and all the other ingredients is so different that they won't stay combined. You will notice that oil-based dressing separates into its original ingredients. To fix this issue, you will create an emulsion or combination of two ingredients that don't naturally stay combined. There are three kinds of emulsions: temporary (salad dressing), semi-permanent (e.g., Hollandaise sauce), and permanent (e.g., mayonnaise). By whisking the ingredients, you can create the most temporary form of an emulsion. The whisk incorporates friction (the force created when two things rub together), forcing the oil and lemon juice to combine for enough time to drizzle over your salad.

whisk + pour

In a small bowl, have kids whisk together the juice of **1/2 lemon** with **2 teaspoons sugar** and **1/4 cup olive oil** until a dressing forms. Taste and add more sweetener if needed. Pour the dressing over the kale

and toss. Kids can top their salad with some toasted pepitas or sunflower seeds, if desired!

Featured Ingredient: Kale!

Hi! I'm Kale!

"I'm a very healthy type of cabbage with dark green or purple leaves. Did you know that massaging my leaves with olive oil and salt makes them more tender? This is especially nice if you're eating them raw in a salad. Search, and you shall find a recipe for just about anything made from kale, even kale cupcakes!"

History

Kale may be experiencing an explosion in popularity over the past several years, but did you know that kale is an Old World staple in many countries worldwide, including Scotland, Kenya, Denmark, Italy, and Portugal? It's true. People have been enjoying kale for at least 2,000 years.

People in the Mediterranean area were the first to cultivate kale. They called it cabbage back in the day. In Roman times, cabbage was a significant crop and became a staple for peasants in the Middle Ages.

Kale made its way to the United States from England 400 years ago in the 17th century.

Despite its longstanding popularity all over the globe, the average American eats only two to three cups of kale per year. Check out how much kale you will eat today in our recipes!

Kale used to be called "peasant's cabbage," probably because it grew so abundantly. The modern name "kale" came from the Scottish word for the plant: "kail." In Scotland, in the 14th century, small gardens were known as "kailyards" because they grew so much kale.

In Ireland, years ago, on Halloween, single women and men would pull up kale stalks to predict the future of their love lives and wealth.

Anatomy & Etymology

Holy Kale! There are over fifty varieties of kale, even though we only see about three in the grocery stores! This limited supply is due to several types being inedible. Some are rather coarse, bitter, and indigestible.

Ornamental Kale comes in many colors, including pink and white.

Kale leaves can be curly or straight, thin, and scalloped. Lacinato kale is popular because it is mild, and its thinner leaves are more tender than other types of kale. Other names for Lacinato kale are Tuscan and Dinosaur (or Dino)!

Leaves can be either purple or green. Purple leaves have a slightly different nutrient content than green leaves, but both are nutritious.

Kale is part of the Cruciferous family of vegetables because of the shape of its flowers. Taste a piece of raw kale. Does it taste like anything you've eaten before? Other vegetables in this family include Brussels sprouts, cabbage, broccoli, and cauliflower—maybe kale tastes similar to one of these veggies!

Some kale varieties can reach up to 17 or 18 feet tall!

The word "kale" came from the Northern Middle English word for cabbage, "cale" (compare Scots "kail"), from Latin "caulis."

How to Pick, Buy, & Eat

Kale prefers to grow in cold weather, but it can be grown during any season and in most climates. Kale grown and picked during the winter actually tastes sweeter! That's because kale reacts to frost by producing sugars.

Kale is harvested when leaves have grown to at least 12 inches long. Each leaf is picked individually by snapping the leaf off close to the stalk.

When shopping for kale, look for deep green leaves, unless it's the purple variety.

Before eating kale, wash each leaf under cold running water, as a lot of dirt hides at the bottom of the stalks.

Kale is super versatile. It can be braised, steamed, roasted into chips, dehydrated, blended raw into smoothies, added to soups, sliced and added to salads, or juiced.

In Japan, kale is dried, ground into powder, and added to drinks.

Nutrition

Kale is the Superhero of Vegetables. It has many antioxidants and vitamins that help keep us healthy, smart, strong, and feeling good.

Kale contains an incredible array of vitamins and nutrients, including vitamins A, K, and C, calcium, and fiber.

Remember what fiber does? It helps our digestion! Our intestines depend on fiber to work well and help us absorb the nutrients we need from our food (and get rid of what we don't!).

Kale contains over 45 different compounds that have been proven to fight cancer.

Because of an essential fatty acid in kale, called alpha-linolenic acid (or ALA), eating it may help prevent heart disease and stroke. Other foods high in ALA include avocados, navy beans, and edamame (soybeans).

The vitamins A and K in kale will be absorbed better if you eat it with a healthy fat, like avocado, olive oil, cheese, or olives.

Kale contains lutein, which is good for our eyes and vision. Lutein also helps kale retain its beautiful deep green color.

Kale includes more vitamin C than an orange and more calcium than milk!