



# KALE

## IN SEASON

April - May & October - December

## HOW TO SELECT

Choose kale that has moist, firm & deep green leaves with crisp, strong stems. Avoid kale that is wilted, blemished, browning or yellowing.

## HOW TO STORE

Refrigerate kale in a sealed plastic bag up to 5 days. Kale can also be blanched & frozen up to 10 months.

## HELPFUL TIPS

Avoid washing kale until ready to use. If whole kale leaves become limp place in a bowl of ice water to restore crispness.

# KALE BARLEY SOUP



## Nutrition Facts

Serving size: 1/8<sup>th</sup> recipe (313g)

Servings Per Recipe 8

1 for 1 certified

### Amount Per Serving

Calories 160 Calories from Fat 25

### % Daily Value

Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 75mg	4%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	25%
Sugars 5g	
Protein 7g	
Vitamin A 210%	Vitamin C 15%
Calcium 10%	Iron 6%

35 MIN | SERVES 8

## INGREDIENTS:

- 1 cup quick-cooking barley
- 1 Tbsp olive oil
- 4 carrots, diced
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 1 (14.5 oz) can no-salt-added diced tomatoes
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1/2 tsp pepper
- 4 cups unsalted chicken broth
- 1 bunch **KALE**, chopped (about 6 cups)

## PREPARATION:

1. Prepare barley according to package directions. Set aside.
2. Meanwhile, in a large stockpot heat oil over medium. Add carrots & sauté 5 minutes.
3. Add onions & sauté 3 minutes, or until tender. Add cooked barley, garlic, tomatoes, cumin, turmeric & pepper. Mix well.
4. Reduce heat to medium-low. Add broth, cover & simmer 10 minutes.
5. Add kale, cover & cook 5 minutes, or until kale turns bright green.