

# Health Tip of the Month

## Supernutritious Kale

**Enjoy Kale Raw or Cooked—it's tasty and nutritious**

Kale comes in a variety of colors, flavors, and textures. Check out why kale is good for you:

**Vitamin K**—important for healthy bones and helps stop too much bleeding.

**Vitamin C**—support healthy looking skin and helps fight infections and heal wounds.

**Vitamin A**— supports eye, hair, nail and skin health.

**Fiber**—prevents constipation and controls your appetite

**Folate**—lowers risk of heart disease and breast cancer.

**Vitamin B6**—helps fight disease and prevents some anemias



## Sautéed Kale & Chickpeas

### Ingredients

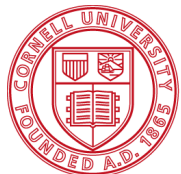
- 1 bunch kale
- 1 15.5 oz. can of chickpeas
- ½ cup diced tomatoes
- 2 tbsp. olive oil
- 2 cloves garlic
- Optional: onion, pepper, cilantro, lime juice

### Directions

1. Add olive oil to saucepan on medium heat.
2. Sauté garlic, tomato and chick peas for 1 or 2 minutes.
3. Add the cut kale and herbs.
4. Stir until kale is tender.

### Other ways to enjoy kale:

- ◆ **Kale Chips:** Bake kale drizzled with olive oil and seasonings at 350°F for 12-15 minutes.
- ◆ **Kale Salad:** Chop washed kale in a salad. To make it soft massage with olive oil for 1-2 minutes.
- ◆ **Smoothies:** Add kale to smoothies.
- ◆ **Soups:** Add kale to soups and stews.



Cornell University  
Cooperative Extension  
New York City

Worksite Wellness Initiative: by Tariro Savoy, Dietetic Intern  
Hunter College, CUNY 91:05/18  
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