

VEGETABLE of the MONTH

Cooking for Kids

Cheesy Kale Bites! Serves 8

Ingredients:

2 bunches kale, stems removed
(about 6 lightly packed cups
or 4 ounces of leaves)
1/2 cup frozen peas, thawed OR
roasted almonds OR sunflower
seeds
1/2 cup shredded mozzarella
cheese
1/4 cup grated Parmesan
1/4 cup cornmeal
1 egg
1/2 teaspoon pizza seasoning

Directions:

Preheat oven to 375 F and line a baking sheet with parchment paper. Set aside. Place cleaned kale leaves into a skillet with 1 cup water. Cover and heat over medium for about 5 minutes or until the kale is wilted. Drain and squeeze dry. Place the kale and the rest of the ingredients into food processor and process until finely ground. Use a 1-tablespoon measuring spoon to portion out the mixture, scooping it up and gently pushing it out of the spoon with your finger onto the prepared baking sheet. Bake until firm to the touch and just starting to turn golden brown on the bottom. Enjoy!

Books

The Tale of Kale by Lisa
Borden and Wengsi Chiu

*Captain Kale and the Super
Foods* by Amy Roth

The Incredible Edible Kale



Just the Facts

→ Kale is a leafy winter vegetable.

→ A vegetable that is darker in color is considered more nutritious.

→ Leafy greens are good source of calcium, potassium, iron and magnesium.

→ A serving of kale has more vitamin C than an orange!

→ Kale comes in a variety of colors; green, white, purple, and blue-green.

→ One serving of kale has more calcium than milk! Calcium helps build healthy bones.

→ Kale is related to cabbage.

Did You Know?

This month on the school menu you can enjoy KALE in the new



Kale Caesar Salad, with crunchy croutons and parmesan cheese!

For more information, see:

- <http://leafy-greens.org/>



Created by: The EPS Food & Nutrition Department

Activity: Kale

Can you find the words hidden in the word search below?



K	A	L	E	O	N	I	D	E	W	C	A
A	T	E	I	V	U	T	A	D	I	A	D
D	G	A	J	N	T	A	L	A	W	L	W
K	D	F	D	U	R	Z	A	G	H	C	A
V	I	T	A	M	I	N	S	F	I	I	G
F	J	U	R	F	E	C	Y	W	T	U	J
R	R	C	R	U	N	C	H	Y	E	M	K
E	S	K	W	A	T	A	S	T	Y	O	N
S	G	D	M	V	S	T	A	Q	A	O	E
H	L	B	P	U	R	P	L	E	A	R	Y
Q	G	R	E	E	N	W	W	B	V	V	F
S	U	P	E	R	F	O	O	D	C	S	C



Key:

Kale	Crunchy
White	Leaf
Leaf	Tasty
Vitamins	Green
Nutrients	Fresh
Salad	Superfood
Calcium	Purple

