



The Geneva School

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February 28, 2014

KALE

Today students in grades 2-6 had a chance to taste kale served in both a chicken soup and an Asian flavored salad.



Kale is a powerhouse green, dense in nutrients like iron, Vitamins A, K, and E, and flavonoids and antioxidants that protect against

various cancers and chronic inflammation. It is high in fiber to help lower cholesterol levels and promote digestive health. It is a plant source for Omega-3 fatty acids and calcium, having more calcium per calorie than milk.

Kale can be steamed, sautéed, added to soups, or eaten raw in salads or by blending in green smoothies. For salads, it is helpful to “massage” the chopped greens with your hands with a bit of oil. The rubbing of the leaves with your hands helps soften the greens and make them tastier.

Kara Jones' Asian Kale Salad

Kale bunch (6 leaves), tear and massage
 2 carrots, grate or peel curls with a peeler
 1/4 cup sesame seeds, toasted or raw
 1/4 cup slivered almonds (we left these out at school due to nut allergies)

2 Tbsp. toasted sesame oil
 1 Tbsp. soy sauce
 1 Tbsp. honey
 1 tsp. ground ginger or 2 tsp. grated fresh ginger

- Tear kale into small pieces, removing from ribs of leaves (discard ribs). With clean hands massage the kale. Add carrots, sesame seeds, and slivered almonds to kale.
- In small jar or bowl mix toasted sesame oil, soy sauce, honey, and grated ginger. Pour over greens, toss, and serve.

Serves 4

Chicken Soup with Lemon, Kale, & Orzo

1 Tbsp. olive oil
 1 large onion, chopped
 2 medium carrots, peeled and chopped
 2 stalks of celery, sliced
 1 clove garlic, minced
 8 cups chicken broth
 1/4-1/2 cup chopped kale (can substitute spinach or other greens)
 1/2-1 tsp. salt
 1/4 tsp. pepper
 1/4 tsp. oregano
 1 tsp. thyme
 1 bay leaf
 1/2 cup orzo
 2 lemons, juice of both and zest of 1
 1 cup cooked, chopped chicken (we used rotisserie chicken)

- In a large pot, heat olive oil, add carrots, celery and cook on medium heat until translucent. Add garlic and cook 1 min.
- Add broth and spices and bring to a boil. Lower heat, cover, and simmer for 10 min.
- Stir in orzo, lemon juice from 2 lemons, lemon zest from 1 lemon, chopped chicken, and kale (or other greens) and cook for 15 min. until orzo is soft and greens are limp.

Serves 4-6

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.

