



## Nutrition Tidbits

- **Kale is part of the cruciferous family.**
- **Kale is a superfood and has more calcium than milk!**
- **It is loaded with Vitamin A (good for your eyes!) and Omega 3 fatty acids (good for your heart and brain!).**
- **Kale is more nutritious if you cook it lightly or not at all. If you do cook it, don't overdo it or it may become bitter.**
- **Cooking kale with a healthy fat, like olive oil will help you absorb the nutrients of the kale even more.**
- **Make sure to properly wash and dry your kale. If it is too wet, the dressing will not hold to it as well and it won't taste as delicious.**



## Kitchen Hacks

- **Always have a paper towel or kitchen towel nearby to clean up any spills.**
- **Use a jar or container with a tight lid to easily mix up all the ingredients of your salad dressing. Using a jar is also great because you can save whatever you didn't use for the dressing in the same jar!**
- **Dip your measuring spoon in olive oil before measuring honey to keep it from sticking.**
- **Use a reusable zip lock bag to add dressing to your salad for easy clean up.**
- **Add mix ins to your salad to add unique texture and flavors.**



## Juicy Chef Words

- **Bear Claw**: A chef skill where one curls up the fingers of the hand they are using to hold onto an ingredient they are cutting.
- **Mise en place**: a french culinary term referring to chefs having everything in it's place.
- **Chiffonade**: to shred or finely cut into ribbons.
- **Massage**: to add dressing, salt, or sugar to a food and 'massage' it with your hands so it all becomes incorporated.
- **Curly leaf kale**: kale with a unique appearance with wavy, curled leaves. It is about the same color as broccoli.
- **Dinosaur kale**: Dinosaur kale is a dark green leafy vegetable. Popular in Italian food, it's also called Tuscan kale or cavolo nero. It has the appearance like a dinosaur or reptile.
- **Cruciferous**: plants belonging in the cabbage family.
- **Superfood**: a nutrient-rich food considered to be especially beneficial for health and well-being.
- **De-stem**: to remove the leaves from a fruit or vegetable stem.