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.
• 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 its 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.