



The Be Fit Minute





By Emily Gelsomin, RD, LDN



ALL HAIL TO RAW KALE

Recent research has shown consuming 1½ cups of cruciferous vegetables a day (think kale, broccoli, cauliflower, cabbage, Brussels sprouts, and bok choy) may reduce signs of inflammation (which is involved in many chronic diseases).

Kale, in particular, is popping up everywhere. For good reason: it's abundant in immune-boosting nutrients like vitamin C and vitamin A. It can also be eaten raw. So learn how to feature it front and center in your next salad.

<u>Select a Type</u>	<u>Prep It</u>
 Dinosaur (aka Tuscan, Cavolo Nero, Lacinato): dark greenish-black with paddle-shaped bumpy leaves  Curly : crinkly green leaves with green stems  Red Russian : frilly leaves with red or purple stems  Baby : smaller and more tender than the other varieties (baby kale does <i>not</i> require removal of inner rib)	<ol style="list-style-type: none"> 1. Wash well. 2. Remove the tough inner rib by running a knife along each side; discard rib. 3. Roll up the leaves and cut into thin strips or chop.

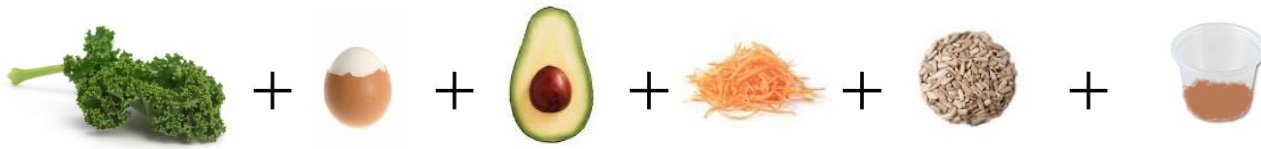
Kale Salad Suggestions

1½ cups shredded dinosaur kale + 1 oz cheddar cheese + 6 walnut halves + 1 apple + 2 tbsp honey mustard dressing



provides 475 calories, 30 grams fat (9 grams saturated), 43 grams carb, 7 grams fiber, 13 grams protein

1½ cups chopped curly kale + 1 egg + ½ avocado + 1 grated carrot + 2 tbsp sunflower seeds + 2 tbsp balsamic dressing



provides 475 calories, 35 grams fat (6 grams saturated), 30 grams carb, 11 grams fiber, 15 grams protein

1½ cups baby kale + 1 oz goat cheese + 5 pecan halves + 1 cup blueberries + ½ cup quinoa + 2 tbsp lemon vinaigrette



provides 480 calories, 27 grams fat (6 grams saturated), 53 grams carb, 10 grams fiber, 14 grams protein

3 cups shredded red Russian kale + 3 oz canned tuna + 1 tbsp parmesan + 1 slice cubed bread + 2 tbsp Caesar



provides 470 calories, 24 grams fat (5 grams saturated), 36 grams carb, 6 grams fiber, 28 grams protein

Want to make your own vinaigrette? Here are the basics:

1 tbsp acid (balsamic vinegar, lemon juice, etc.) + **3 tbsp oil** (olive, canola, etc.) + **salt and pepper** (to taste)

Flavor additions: dried or fresh herbs, parmesan cheese, roasted tomatoes, garlic, mustard and honey; adjust to taste. (Adding a little mustard will also help thicken the liquid.) Remember to store your homemade dressing in the fridge.