

Microwave Cooked Kale



TIPS:

1. Kale is flavorful, versatile, easy to prepare, and richly nutritious. Microwave cooking kale, as shown here, is the most efficient cooking method and best way to retain kale's natural nutrients.

2. **Kale Nutrition:** Kale rates highest along with collard, turnip, and mustard greens, Swiss chard, and upland watercress with a score of 1000 on the Aggregated Nutrient Density Index (ANDI), which scores foods from 1-1000 based on their nutrient to calorie ratio. Kale is particularly rich in **vitamin K** (promotes healthy blood, bones, and more), **vitamin A** (promotes healthy eyes, teeth, immune system, and more) and **vitamin C**

(promotes healthy bones, connective tissue, immune system, and more). Of note, vitamins K and A are both oil/fat soluble, which means kale is best eaten along with some oil or (healthy) fat (for example, a shot of olive oil or oil-based salad dressing).

Preparation Time: 2-5 minutes

Total Cooking Time: 1-2 minutes

Needed

(per serving)

1 Large Handful of Fresh Kale

Colander or Strainer

Microwave Safe Bowl



1. Put a **big handful of fresh kale** in a colander or strainer. (I'm using kale that had already been cut and was packaged in a bag. If you buy fresh kale or if the leaves of the cut kale you have are larger than bite-sized, tear the leaves into smaller pieces, as shown in the lower right photo, and discard any thick stems that would otherwise be tough to chew.)



2. Give the **kale** a vigorous rinse in the sink to remove dirt from the **leaves** even if the **kale** you're using is packaged and the packaging label says that the **kale** has already been washed and is ready to cook.



3. Put the **rinsed kale** into a *microwave safe bowl*.



Put the bowl in the middle of the microwave oven and cook using your microwave oven's HIGH heat setting or 100% power for 1 minute.



4. After cooking, carefully remove the bowl from the microwave oven by taking hold of the top, cooler edge of the bowl as shown here.



Kale is properly cooked when the **leaves** start to soften and wilt as shown below - but don't become overly soft and mushy.



If, however, your **kale leaves** are still more firm than you'd like, keep cooking the **kale** in the microwave oven at 30-second intervals until the **kale** is cooked to your liking.

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