

Microwave Cooked Kale: From Simple to Exciting!



TIP: Microwave cooking kale is the most time-efficient cooking method and best way to retain kale's rich nutritional value. Here's a way to use a choice of added commonly found ingredients to take microwave cooked kale from **simple to exciting**. As always, the added ingredients you see here are just suggestions. Use your own taste and imagination to make your dish as exciting as you want it to be.

Needed
(per serving)

1 Serving of Cooked Fresh Kale (if your kale is not yet cooked, no problem. See step 1 below.)

Onion

Tomatoes (I'm using grape tomatoes but any tomatoes will work)

Cooked Beans (I'm using cooked chickpeas but any beans will work)

Plain Yogurt (I'm using plain nonfat Greek yogurt but any plain yogurt will work)

Salad Dressing (an oil-based salad dressing will help dissolve kale's oil soluble vitamins A and K)

Grated Parmesan (or your favorite) **Cheese**

Ground Black Pepper

Cutting Board

Small Sharp (Paring) Knife

Microwave Safe Bowl

Tablespoon



1. If your **kale** is already cooked, skip to step 2. Otherwise, here is what you need to microwave cook **fresh kale**.



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.)



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.



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.



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.



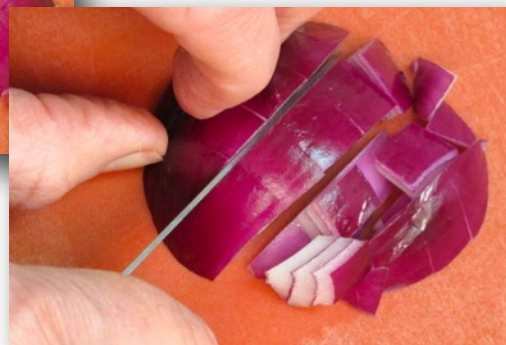
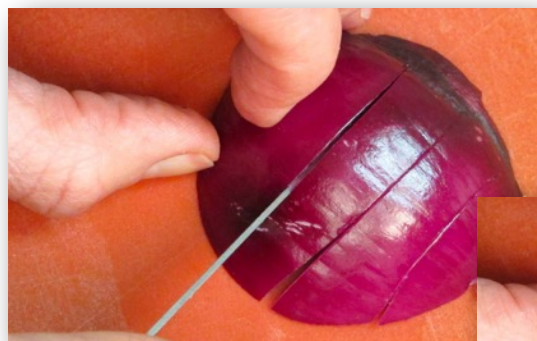
If, however, your **kale leaves** are still more firm than you'd like, keep cooking the **kale** in the microwave oven at 30-second intervals until the **kale** is cooked to your liking.

2. Add your choice of **simple to exciting ingredients** as shown in the examples below.

Onion - Cut a **lengthwise piece of onion** from a **whole onion** and peel off the **outer papery skin**.



Cut **slices** about 1/4-1/2 inch (5-10 mm) wide, and then cut those **slices** in cross section into **pieces** also about 1/4-1/2 inch (5-10 mm) wide.



Tomato - Rinse and cut into bite-sized pieces.



Add any **cut ingredients**, like the **onion** and **tomatoes** above, to the **cooked kale**.



Top with your choice or a combination of:

Cooked Beans



Plain Yogurt



Salad Dressing



Grated Cheese



Ground Black Pepper



3. Have the **kale from simple to exciting** either at room temperature or warm it in the microwave using HIGH heat or 100% power for about 1 minute or until it warms to your desired temperature.



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