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Cook Up Some Kale for Cancer Prevention

When it comes to good nutrition, dark, leafy greens have it all. They're excellent sources of cancer-protective carotenoids and packed with fiber and folate. In fact, evidence shows that consuming non-starchy vegetables, like dark-colored leafy greens, may protect against cancers of the mouth, pharynx, larynx, esophagus, and stomach. This recipe features kale, sautéed with sweet peaches and toasted walnuts for a mild and tender side dish.

Kale with Peaches and Walnuts

1/4 cup coarsely chopped walnuts

1 1/2 pounds curly kale (about 12 cups lightly packed, washed and chopped per directions below)

1 Tbsp. grapeseed or canola oil

1/3 cup thinly sliced shallots

3/4 cup apple juice

Pinch of cayenne pepper

Salt and ground black pepper, to taste

1 peach, thinly sliced

Preheat oven to 350 degrees F. Bring large pot of water to a boil.

Spread nuts in pie pan or on baking sheet. Roast for 5 minutes. Stir and bake 3 minutes longer. Immediately transfer nuts to plate to cool, and set aside.

To remove hard stem from leafy part of the kale, hold leaf in one hand, upside down and closed like a book. Pull center stalk away from leaf and down. Tear stemmed leaves into 2- to 3-inch pieces; there should be about 12-14 lightly packed cups. Add kale to pot of water, pushing it down with wooden spoon. Cook until kale is bright green and crisp-tender, 3-4 minutes. Do not overcook. With slotted spoon, transfer kale to colander and set under cold running water to cool. Save as much cooking water as desired, to drink and use in soups. It will keep 3 days in refrigerator, 2 months frozen.

A handful at a time, squeeze most of moisture from kale. To chop kale, place clumps on cutting board and cut crosswise into thin slices.

Heat oil in heavy, medium skillet over medium-high heat. Add shallots and cook until limp and translucent, 3-4 minutes. Add kale, pulling it apart into shreds. Add apple juice, cayenne, salt and black pepper to taste. Stir occasionally, for 5-6 minutes, or until kale is cooked to your taste and most liquid has evaporated. Spoon kale into shallow, wide serving bowl. Sprinkle on nuts and arrange peaches over kale. Serve hot or lukewarm.

Makes 4 servings.

Per serving: 220 calories, 10 g fat (1 g sat fat), 31 g carbohydrates, 8 g protein, 5 g fiber 90 mg sodium.