Enjoy Farmers Market Produce

Kale

Kale is great source of vitamins A and C, potassium and calcium. It provides protein and iron and helps to prevent cancer.

Baked Kale Egg Dish

Vegetable cooking spray
3 cups chopped kale
1 cup chopped onion
2 teaspoons vegetable oil
¼ cup water
6 eggs
½ cup skim milk
½ cup grated cheddar cheese
½ teaspoon salt
¼ teaspoon pepper

1. Preheat oven to 375 degrees. Spray 9-inch round baking pan with vegetable oil.
2. Wash and chop kale. Chop onion.
3. Heat vegetable oil in large frying pan on medium high. Add onion and sauté until soft and brown, about 3-5 minutes.
4. Stir in kale and water. Cover and cook for 5 minutes. Remove pan from heat and allow mixture to cool.
5. In large bowl, combine eggs, milk, cheese, salt and pepper. Blend in kale mixture.
6. Pour mixture into baking pan.
7. Bake 20 minutes.
8. Remove from oven and let set for 3 minutes.

Other ways to enjoy kale

- Stirfry with other vegetables
- Steam lightly and add to spaghetti sauce
- Sauté with onions

Adapted from the Get Fresh! at Your Farmers' Market recipe series, Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University.

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