



Calgary Herald, January 21, 2015

ALL HAIL KALE: Hardy Winter Green Continues to Rule Kitchens

Kale continues to be one of the most popular vegetables available today. It packs a powerful nutrient punch and it is versatile – kale can be sautéed, chopped in a soup or stew, blended into a smoothie, shredded into a salad or baked into crispy chips! Got too much kale? It can be quickly blanched and frozen for later. If you're looking for some guidance on how to blanch kale, we've posted a video tutorial at youtube.com/TheBlueFlameKitchen.

Here are two more recipes for your kale repertoire: Our Butternut Squash and Kale Strata is an indulgent way to start your day with some greens, while our Asian Kale Salad hits all the flavour notes with a unique southeast-Asian inspired peanut dressing that uses sambal oelek, an Indonesian chili paste.

BUTTERNUT SQUASH AND KALE STRATA

6 cups cubed peeled butternut squash (1/2 inch)
3 tbsp extra-virgin olive oil
1/2 tsp salt
1/2 tsp freshly ground pepper
8 large eggs
1/4 cup milk (2%)
1 tbsp chopped fresh rosemary
1 tbsp chopped fresh sage
1/2 tsp salt
1/2 tsp freshly ground pepper
8 cups day-old French bread cubes (1 inch)
8 slices thick bacon, chopped
1/2 cup diced leeks (white portion only)
1/2 cup diced shallots
8 cups coarsely chopped kale
3 1/2 cups shredded cheddar cheese

1. Preheat oven to 400°F.
2. Combine squash, oil, 1/2 tsp salt and 1/2 tsp pepper in a large bowl; toss until squash is coated.
3. Place squash in a single layer in a parchment paper-lined large rimmed baking sheet.

ATCO Blue Flame Kitchen has provided Albertans with reliable answers to everyday household questions for more than 80 years. Visit us online for great recipes, how-to videos, kitchen safety tips and more at www.atcoblueflamekitchen.com or call 1.877.420.9090 toll-free.

4. Bake, uncovered, for 25 - 30 minutes or until squash is tender; set aside.
5. In a large bowl, whisk together eggs and milk until blended. Stir in rosemary, sage, 1/2 tsp salt and 1/2 tsp pepper. Add bread cubes and stir gently to combine. Let stand for 30 minutes. Meanwhile, add bacon to a Dutch oven over medium heat; cook, uncovered, stirring occasionally, until browned and crisp. Remove from heat.
6. Remove bacon with a slotted spoon. Drain bacon on paper towels; set aside. Drain off all but 3 tbsp fat from pan.
7. Return pan to medium heat. Add leeks and shallots; sauté until softened, about 3 minutes.
8. Add kale and sauté for 2 minutes. Remove from heat.
9. Return bacon to pan and stir to combine; set aside.
10. To assemble strata, place half of squash in a greased 9x13 inch baking dish. Spoon half of bread mixture on top. Top with half of kale mixture. Sprinkle with half of cheese.
11. Repeat layering with remaining ingredients. Cover and refrigerate overnight.
12. Remove baking dish from refrigerator and let stand for 20 - 30 minutes. Meanwhile, preheat oven to 350°F.
13. Bake, covered, for 20 minutes.
14. Uncover and continue baking for 25 -30 minutes or until a knife inserted in centre comes out clean.
15. Let stand for 5 minutes before serving. Serves 8.

Nutritional analysis per serving:

601 calories, 36.1 g fat, 28.7 g protein, 42.9 g carbohydrate, 6.4 g fibre, 1096 mg sodium

ASIAN KALE SALAD

- 2 unpeeled large beets, trimmed
- 3 tbsp (40 mL) pure white vinegar
- 2 tbsp (25 mL) canola oil
- 2 tbsp (25 mL) liquid honey
- 2 tbsp (25 mL) soy sauce
- 1 tbsp (15 mL) grated fresh ginger
- 1 tbsp (15 mL) smooth peanut butter
- 1 tbsp (15 mL) granulated sugar
- 1 tsp (5 mL) sambal oelek (chili paste)
- 1/2 tsp (2 mL) sesame oil
- 2 cloves garlic, finely chopped
- 2 tbsp (25 mL) sesame seeds
- 1 tbsp (15 mL) fresh lime juice
- 8 cups (2 L) torn kale
- 2 cups (500 mL) julienned carrots



1. Preheat oven to 400°F (200°C).
2. Wrap beets tightly in foil and place in a baking dish.
3. Bake until almost tender when pierced with a fork, about 45 minutes.
4. Meanwhile, to prepare dressing, combine vinegar, canola oil, honey, soy sauce, ginger, peanut butter, sugar, sambal oelek, sesame oil and garlic in a small non-reactive saucepan. Bring to boil over medium heat. Remove from heat.
5. Stir in sesame seeds and lime juice; cool.
6. Unwrap beets. When cool enough to handle, peel beets and julienne. There should be about 2 cups (500 mL).
7. Combine beets, kale and carrots in a bowl.
8. Add dressing and toss to coat. Serve immediately. Serves 10.

Nutritional analysis per serving: 112 calories, 5.2 g fat, 3.2 g protein, 15.4 g carbohydrate, 2.6 g fibre, 253 mg sodium