

# How to Use Kale

With Sirata from Down to Earth

[Music Playing]

Sirata: Hi, my name is Sirata!

And today, we're here at our beautiful Kapolei kitchen.

We're going to share with you two different ways to prepare Kale.

Kale is one of our all-time favorite vegetables.

It is packed full of nutrients, minerals, calcium, fiber...

It's amazing!

The two ways that we're going to serve it to you are...

Raw and sauteed...

There are many varieties of Kale.

And today, I'm just going to show you two of them.

The first one we have is called "Lacinato Kale."

Also known as "Dinosaur Kale."

Because it has "scaly-looking" leaves.

The other one that we have...

Is called green curly Kale.

And it looks just like this...

Besides being so packed full of nutrients...

And being one of the most awesome vegetables in my book...

Kale is super-easy to prepare.

After you've thoroughly washed your Kale...

You want to remove the nice green leafy part from the stem.

Because well... it's really crunchy.

And you don't really want to eat that part.

So, what we're going to do...

Super-quick, super-easy...

Hold your stem upside down just like this...

Pull the leaves straight off the stem.

Amazing... right?

Anybody can do this...

First we're going to show you a basic massaged Kale salad.

After you've removed the stem from the Kale...

We're going to place it into a nice large colander.

And break it up into bite-sized pieces.

Just like this...

Now what we're going to do is massage the Kale.

Pretty easy...

And what this does is...

It allows the fibers to break down.

And it also releases some of the natural juices in the Kale.

And the reason we have this bowl under our colander is...

To catch those juices...

As you're massaging the kale...

The kale will actually significantly break down in size.

This also helps the kale be a little more palatable.

Because some people have a hard time with the strong flavor of raw kale.

Once you've massaged your kale...

You can lightly drizzle it with a little Olive Oil.

And a little salt.

Now you can eat it just like this...

Or if you want, you can add your favorite vegetables...

And even whole grains like Quinoa or brown rice.

Next we're going to show you how to sauté kale.

Heat a little Olive Oil in your skillet...

Over medium heat.

Add your kale...

[Sizzling Sound]

And we're going to sauté our kale...

Until it becomes wilted and is a bright green...

It should only take a few minutes.

So now you can see the nice bright vibrant green color in the kale.

Turn your heat off.

And you're ready to serve...

If you want, you can drizzle a little Shoyu on top.

Or eat it just as-is.

It's delicious!

[Sizzling Sound]

See how easy it is to prepare kale?

I hope this inspires you to go out and try this amazing vegetable...

On your own.

For more great videos...

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Bye!

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