

KALE & BULGUR MEDLEY

Culinary Intro:	Using the whole seeds of spices adds a rich depth of flavor and aroma, as well as a little crunch with each bite.
Nutrition Intro:	Kale is a dark leafy green vegetable that is super high in lots of micronutrients.

<p>Prep time: 30 minutes Ingredients for 4 servings Each serving= 1 cup Cost per serving= \$1.68</p> <ul style="list-style-type: none"> • ½ cup bulgur • ½ cup dried sour cherries • 1 cup boiling water • 2 Tablespoons extra-virgin olive oil, divided • 2 teaspoons coriander seeds • 1 teaspoon cumin seeds • 1 small bunch kale, leaves stripped from the rib and chopped into bite-sized pieces (about 4 cups) • ½ teaspoon salt • freshly ground black pepper • juice of 1 lemon • a small handful of fresh mint • a small handful of fresh dill • ½ cup goat cheese, grated or crumbled <p>Steps:</p> <ol style="list-style-type: none"> 1. Place the bulgur and dried sour cherries into a large heatproof bowl. Add the boiling water, cover the bowl with saran wrap, and let sit for 10 minutes or until softened. 2. Meanwhile, heat a large skillet over medium heat. Add 1 Tablespoon olive oil. Add coriander seeds and cumin seeds and toast until fragrant, about 30 seconds. Add the chopped kale and cook until softened, about 5 minutes, stirring often. Season with salt and pepper. 3. Once the bulgur is softened, drain to remove any excess water. Add the cooked kale to the bulgur and stir well. Let cool for a few minutes. 4. While the bulgur cools, pick the leaves from the stem of mint. Chop the mint leaves and dill gently. Add the other tablespoon of olive oil and lemon juice to the bulgur and stir well. Stir in the mint and dill. Check seasonings. 5. Top with crumbled or grated goat cheese. 	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • bulgur is a type of cracked wheat that has been precooked and dried • it only needs to soak in hot water for 10 minutes to soften • bulgur is quite common in European, Middle Eastern and Indian cuisines; the most popular use of bulgur is in tabbouleh, a Middle Eastern parsley salad • sour cherries lend a tangy sweet note the dish; when soaked their natural sweetness is released into the bulgur <p>Nutrition:</p> <ul style="list-style-type: none"> • bulgur is a whole grain, with a high fiber content, which can help fill you up and may help lower bad cholesterol levels
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • spices and herbs lend foods their strong aromas, which helps develop flavor • spices are ideal pantry items • spices can be parts of the plant seed, barks or roots and become more concentrated and intense when dried • whole spices tend to be much more aromatic than ground- they have a richer flavor and stay fresh longer; once ground, spices lose aroma and stale quickly • spices like coriander and cumin contain oils inside their seeds; these oils are delicate and when exposed to air (i.e. grounded), they start to lose their potency • to deepen the flavor of spices, heat them briefly in a hot pan until fragrant and nutty and then grind in a mortar and pestle or coffee grinder <p>Nutrition:</p> <ul style="list-style-type: none"> • herbs and spices add lots of flavor to foods without having to add so much additional salt
3	<p>Culinary:</p> <ul style="list-style-type: none"> • to wash kale, place the leaves in a large bowl with enough water to cover; let soil and grit fall to the bottom of the bowl, then remove the leaves and rinse well • dry by allowing to sit on paper towels, then wrap in moistened paper towels in an airtight container until ready to use • the kale should be sliced thin; remove the stem from each leaf by slicing along the stem, gather the large leaves and slice thinly in a smooth motion • the stems of kale can be saved and used to make a creamy 	

Nutrition Facts	
Serving Size 1 cup (135g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 80mg	3%
Total Carbohydrate 29g	10%
Dietary Fiber 8g	32%
Sugars 7g	
Protein 6g	
Vitamin A 45%	Vitamin C 35%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

- kale soup
- kale is hearty and requires a good amount of cooking time for the leaves to soften
- ensure all pieces are relatively similar in size and chop into smaller pieces for quicker cooking
- when eating kale in salads, it is a good idea to “massage” the kale with a small amount of vinaigrette or dressing to allow the kale to soften up a bit
- baby kale can be a good choice for salads
- kale is a member of the cabbage family, which can explain its notorious bitterness
- there are many varieties of kale, from purple red to curly leafed and thick-stemmed
- by cooking kale, it can help reduce its bitter qualities

Nutrition:

- Kale is a type of dark green leafy vegetable that offers a powerhouse of nutrients. It is an excellent source of vitamins K & A
- Kale is a good source of calcium
- Kale is an excellent source of vitamin C. One cup of kale provides more vitamin C than an orange.
- Kale is a good source of hard-to-find omega-3 fatty acids (ALA) and protein.

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Culinary:

- herbs are the green leaves of plants
- fresh herbs add a burst of flavor in dishes because of their bright aromas
- delicate herbs like dill and mint are best added at the end of the cooking process to preserve these aromas
- coriander, cumin, dill and mint are flavoring agents that are commonly used in Middle Eastern dishes
- to store fresh herbs, wash and pat dry; then wrap them in a moistened paper towel in an airtight container in the crisper of the refrigerator; change out the paper towel every few days
- it is easy to grow fresh herbs at home

Nutrition:

- consider the vibrant green color of fresh herbs, this color speaks of their antioxidant content, just like other strongly colored fruits or vegetables

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Culinary:

- aged cheeses are rich in umami, the Japanese word for deliciousness
- cheeses add a savory quality to foods, increasing their flavor profile
- because of their concentrated umaminess, a little bit of a quality cheese can go a long way

Nutrition:

- because cheese is generally made from the whole milk of cows, it is best to eat in moderation
- cheese is a good source of the same nutrients found in milk, such as protein and calcium

Clean-up/Review comments**Culinary/ Cook Once, Eat Twice:**

This salad makes delicious leftovers. Add garbanzo beans or cooked chicken for a complete meal.

Nutrition:

Remember adding color to your dish also adds micronutrients! Adding herbs reduces the amount of salt needed for the meal.

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. mise en place bowls 5. silicone spatula 6. cheese grater 7. 1 large glass bowl 8. 1 strainer 9. electric skillet 10. extension cord 11. measuring cups 12. measuring spoons 13. paper plates/ cups/ soufflé cups 14. paper towels 15. tablecloth 16. kitchen towel 17. gloves 18. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 small bunch dill <input type="checkbox"/> 1 small bunch mint <input type="checkbox"/> 1 small bunch kale <input type="checkbox"/> 1 lemon <p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> bulgur <input type="checkbox"/> dried sour cherries <input type="checkbox"/> extra-virgin olive oil <p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> aged goat cheese <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> coriander seeds <input type="checkbox"/> cumin seed <input type="checkbox"/> salt <input type="checkbox"/> black pepper <p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> bowls <input type="checkbox"/> forks <input type="checkbox"/> napkins, paper towels
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: ½ hour</p>	