



Kale: The Calcium King

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During the peak winter months, the bounty of freshly-picked local produce dwindles, and healthy eating can pose more of a challenge. The holiday season is filled with sweet and delicious foods, but our fiber intake drops, our sugar intake spikes and sluggishness settles in. Our bodies work extra hard during this time of year, so over the next several weeks we will feature cleansing and detoxifying foods.

LOVE YOUR LIVER

The liver is a busy organ! It is your body's main detoxifier, it keeps you energized, makes essential fats work for you, and processes your proteins. *"Every time you feed, your liver feeds you. Once food is digested, nutrients enter the blood, which are taken straight to your liver for processing."* [<http://loveyourliver.com.au/>].

One way to take it easy on your liver is to choose organic food. This reduces the toxins that your liver needs to filter out.

Eating healthy meals on a daily basis is the most important step you can take to help the liver. Choose your foods wisely. Foods that are kind to the liver include leafy greens, garlic, onions, almonds, green tea, beets, avocados, grapefruit and turmeric. And drink lots of water to help the body flush out toxins.

Called the 'king of calcium', kale is often on the list of top ten healthiest foods. It is an exceptional liver cleaner. One cup of kale provides your daily requirement of Vitamins A and C, 134 mg of Calcium and 5 grams of fiber.

Here are a few serving ideas: 1) Sauté kale with fresh garlic and sprinkle with lemon juice and olive oil before serving. 2) Braise chopped kale and apples. Before serving, sprinkle with balsamic vinegar and chopped walnuts. 3) Combine chopped kale, pine nuts and feta cheese with whole grain pasta drizzled with olive oil. 4) The taste and texture of steamed



kale makes it a wonderful topping for homemade pizzas. 5) Add kale to your smoothies and sneak it past the kids! 6) Sauté kale in melted butter

until just wilted, then add eggs scrambled with milk, salt & pepper. Put a lid over the pan for extra fluffy eggs. 7) And finally, make kale chips!

Storage Tips: Kale should be wrapped in a damp paper towel, placed in a plastic bag and stored in the refrigerator crisper. It should not be washed before storing since this may cause it to become limp. Kale can be kept in the refrigerator for several days, although it is best when eaten within one or two days since the longer it is stored, the more bitter its flavour becomes.

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