FRUITS & VEGGIES

Kale: Protects Your Eyes, Alleviates Cataracts & Fights Off Allergies

By bestfolkmedicine · 24/02/2019 · 2 min read



Of all the amazingly healthy and delicious green veggies, kale is often considered to be the king. This is because of its high nutrient power and its beneficial compounds with potent healing characteristics.

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Abundant in calcium and vitamin K, kale is good for the health of the heart, bones and for the prevention of malignant illnesses. It will also supply your body with numerous enzymes and vitamins C and E. The

carotenoids in it will help you keep the retina safe and avert cataracts. Moreover, the folic acid in it may be of aid in the fight against allergy symptoms.

Kale is often consumed boiled and in combination with other veggies. You can also sauté or bake it or consume it fresh as a salad with a sprinkle of oil and vinegar. If you do not have an idea what to prepare what the kale you have recently bought, do not worry- continue reading our article to find out..

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We will share the tastiest kale recipe ever, i.e. baked kale with potatoes. Yummy!

Recipe: Baked Kale with Potatoes

You will need:

A smaller head of kale, washed and cleaned

3 potatoes, cut into rings

¼ cup of roasted hard cheese

¼ cup of butter, melted

A tbsp of olive oil

One small black garlic bulb, finely chopped

One white garlic clove, finely chopped

2 tsp of curry powder

A tsp of turmeric powder

½ tsp of ginger powder

¼ tsp of red pepper, ground

Pepper and salt to taste

Preparation: Preheat your oven to 200 degrees Celsius. In the meantime, on medium heat in a pan, sauté the chopped garlic with the oil. Cook for a couple of minutes and stir. Add the turmeric, ginger, curry, red pepper, and salt and continue cooking. Now, add the kale and continue cooking on

medium heat until the kale softens.

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Then, in a baking tray, sprinkle some oil and place the potato rings. Add the layer of sautéed kale and salt and pepper. Continue with the layering until you have no more ingredients left. End with potato rings on top.

Pour the melted butter on top and place the tray into the oven. Bake for around half an hour or until the potatoes become brown. Prior to the removal, add the grated cheese on top and bake for 5 more minutes.

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Serve while warm. Enjoy!

Sources:

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