



Square Box

Fitness and Nutrition



Kale

Kale is not a new vegetable; it dates back to the Roman Empire and is part of the cruciferous vegetables like broccoli or cabbage.

Kale is rich in:

1. antioxidant nutrients
2. anti-inflammatory nutrients
3. anti-cancer nutrients

Research has attributed the extraordinary health benefits to the high carotenoids and flavonoids levels found in Kale.

For weight loss?

Kale is an extremely low GI food and together with its fibre content will facilitate the feeling of fullness.

The high nutrient density of Kale, particularly in Vitamin A, K & C, help stabilise the hormone system. An example would be to delay the onset of hunger!

Macronutrient	DRI%	Amount
Protein	4.94	2.47 g
Carbohydrates	3.25	7.32 g
Fat - total	--	0.52 g
Dietary Fibre	10.40	2.60 g
Calories		36.40

Micronutrient	DRI%	WHfoods Rating
vitamin K	1180.1	excellent
vitamin A	98.4	excellent
vitamin C	71.1	excellent
manganese	27.0	excellent
copper	22.2	excellent

Table source: Whfoods: 130g cup cooked

Kale & Potatoes

Ingredients:

Serves 4

- ♥ 1 Bunch of Kale
- ♥ 2 Tbls Extra Virgin Olive Oil
- ♥ 3 Medium Potatoes (Peel & Dice)
- ♥ 2 Cloves Garlic

Method:

- ♥ Wash, remove stalk, finely slice, and set aside.
- ♥ Heat oil in a wok or a large pan (with a lid), add potatoes, stir fry until coloured.
- ♥ Add garlic, cook until fragrant.
- ♥ Add Kale and 1 cup water, reduce heat, cover with lid, simmer until potatoes and Kale are tender (about 10 min). Mixing occasionally add water if necessary.
- ♥ Serve as a side dish or on mini toast as a snack!

Kale Frittata

Ingredients:

Serves 4

- ♥ 1 Bunch of Kale
- ♥ 6 eggs (lightly beaten)
- ♥ 100g feta cheese (crumbed)
- ♥ 2 Tbls Extra Virgin Olive Oil

Method:

- ♥ Wash, remove stalk, finely slice. Steam until just wilted and set aside to cool.
- ♥ Mix kale, eggs and cheese together season to taste.
- ♥ Heat oil in a large non stick pan with a lid, add kale mixture, flatten with spatula. Cover with lid and reduce heat.
- ♥ Cook until the frittata becomes firm then turn using a plate. Cook a few minutes until golden.
- ♥ Serve with a salad or as a snack.