



SKILL CARD

How to: PREPARE KALE

Step 1:

Wash and dry kale.



Step 2:

Remove tough stems from kale by pinching the stem at the bottom with one hand, then using your thumb and pointer finger on your other hand, firmly pull your hand up the stem, removing the leaves as you go.

Step 3:

Discard stems, and chop or tear leaves as desired.

Tip:

This method works for collard greens, too!

