

Ready-to-Use Freshly Frozen Kale

By Katie Mae, *PlantzSt.com*

Makes 12–18 servings | Ready in 20 minutes | Stores 4 months in freezer

INGREDIENTS

6 bunches of kale (more or less for your needs)*

ACTION STEPS

1. De-stem the kale. Add the leaves to an extra-large bowl as you go and setting the stems aside.
2. Fill the sink with cool water. Add the kale and let it sit in the water for 5 to 10 minutes. Swoosh around with your hands occasionally to help rinse the leaves of dirt and debris.
3. Transfer the rinsed kale to a salad spinner. You'll have to do this in bunches, so don't over fill the salad spinner. Spin the greens to remove excess water, and then move the leaves to the cutting board.
4. Do a very rough chop through the greens and then put them in a container that can be stored in the freezer. I use clean zip-lock bags for this because they're easy to pack, store really well, and can be reused.
5. Store the sealed bags/containers in the freezer. Pull the greens out just before you want to use them for a smoothie, saute, soup, or even a casserole.

CHEF'S NOTES

I like to use different types of kale, including curly, lacinato (aka dinosaur kale), and red Russian kale to get a little more variety. You can also add in other hearty greens, like collards, Swiss chard, or cabbage. Lighter greens, like spinach or arugula, can work, too, but note that if being cooked these greens cook a little faster than the hearty greens. If the greens are going into a smoothie, this difference doesn't matter.

Once frozen, it's very easy to break up the greens, so even if you want small pieces of kale to put in your dishes, there's no need to chop it finely before freezing. In fact, you may not need to chop the kale at all. Experiment with it, and you'll learn what works best for you.

I don't recommend enjoying these frozen greens raw unless they're being blended. The texture once defrosted is not appealing for salads and such.

Recipe and photos online here >> <https://plantzst.com/ready-to-use-freshly-frozen-kale/>