



## **Chips! Linda's tasty kale (healthy) chips...**

Kale is my favorite vegetable and it is definitely a superstar one, even though most people don't even know what it is. It is a hearty fall and winter green and is a member of the brassica family. Along with the cancer-fighting indoles and the detoxification benefits of the sulforaphane, kale is extremely rich in antioxidants. It's also loaded with calcium, iron, vitamins A, C and K, protein & fiber. It has seven times the beta-carotene of broccoli and ten times more lutein (good for eyes) and tons of much needed fibre. It's quite the wow food!

Don't know how to use Kale? Replace the traditional unhealthy potato chip with this wonderful healthy version and you will be adding some green goodness to your diet without realizing it because they taste so good. My girls absolutely love these!

### **Ingredients**

- 1 bunch of kale
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- ½ tsp sea salt

### **Directions**

- Preheat oven to 200.
- Wash kale thoroughly and let dry.
- Tear kale away from stem. Each kale leaf should be torn into about six or eight pieces.
- Place kale, salt, olive oil and lemon into a bowl and mix together with your hands, gently massaging the kale with the oil, lemon and salt.
- Lay kale out on a cookie sheet or pizza pan.
- Place in oven and set timer for 30 minutes.
- At 30 minutes, remove from oven and gently unstuck kale from pan if it has stuck and replace for another 10-15 minutes until kale is dry and crispy.
- Allow to cool. Can store in fridge for up to a week.

To learn more on how to cook this super food and nine others ways to super-charge your health, I encourage you to check out my upcoming cooking classes with my partner Nicki Barnshaw at [www.eatwellwithlinda.com](http://www.eatwellwithlinda.com)

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## **Eating well for a race, with Linda Houle-Robert**

It's Race Weekend in the capital in about 14 weeks and runners from across the country and around the world will be coming to our beautiful city to participate in Canada's most popular and fastest-growing road race weekend.

While putting in the mileage is very important, it's no secret that proper nutrition – before, during and after exercise – is an integral part of every athlete's training routine for better performance. Eating well will allow the athlete to train hard, recover, rebuild and benefit from your training.

One of the key secrets to eating well while training is to eat greens throughout the day and to fill your dinner plate with salad. Green salads, which could include, but are not limited to, kale, spinach or romaine leaves (\*this does not include head lettuce), are high in minerals that runners need to rebuild and repair. According to ultra runner Brendan Brazier: "The chlorophyll found in dark green leafy vegetables helps to balance the body's pH and reduce fatigue and disease. Chlorophyll optimizes the body's ability to produce red blood cells." Daily consumption of chlorophyll-rich foods should be an athlete's best friend – they not only contribute to athletic performance by ensuring cell regeneration, but also improve oxygen transportation. Now aren't these good reasons to eat your greens?

Come and learn nine other secrets to eating well before a race on March 8, 2012 from 7pm - 8pm at the Bob MacQuarrie Recreation Centre in Orleans. You will also have the opportunity to learn about superfoods for runners and sample some power snacks. To register for this workshop, please visit my website for more details.

[www.eatwellwithlinda.com](http://www.eatwellwithlinda.com)

Happy training!