

RECIPE NAME: Fall Kale Salad

Grade Group:K-12	HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step
Number of Portions: 60	
Portion Size: 1 c	
Serving Utensil: tongs	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Kale, fresh, trimmed, without stem*	4 ¾ lb		<ol style="list-style-type: none"> 1. Chop kale. 2. Core apples and dice into bite-sized pieces. 3. Toss diced apples in ¼ c of lemon juice. 4. Make dressing by whisking together the lemon juice, honey, salt and pepper. 5. Slowly add in oil to ensure dressing thickens. 6. Add dressing to kale and toss. 7. Add apples and dried cranberries to salad mixture and serve.
Apples, diced	1 ¼ lb	4 c	
Lemon juice		¼ c	
Cranberries, dried	8 oz		
<i>Dressing</i>			
Lemon juice		¾ c	
Honey		½ c	
Oil, canola		1 ½ c	
Salt		2 tsp	
Pepper, black		2 tsp	
*Substitute 58 cups of alternative dark leafy greens in place of kale if desired.			

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 91
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g):0.84
	¾ c					Sodium (mg): 92
Fruits	¼ c					
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other