

CHOP! CHOP! Video Series - Leafy Green Recipe

RECIPE NAME: Fall Kale Salad						Source: <i>Minneapolis Public Schools (modified)</i>						
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:						Procedure: 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.						
Ingredients:			Weight		Measure							
Kale, fresh, trimmed, without stem*			4 ¾ lb		4 c ¼ c ¾ c ½ c 1 ½ c 2 tsp 2 tsp							
Apples, diced			1 ¼ lb									
Lemon juice			8 oz									
Cranberries, dried												
<i>Dressing</i> Lemon juice Honey Oil, canola Salt Pepper, black												
*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:		Measure (volume):		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				⅛ c								
Grains												

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