**INGREDIENTS:**

**FAMILY-SIZE**

SERVES: 6-8

PORTION SIZE: 3/4 - 1 CUP

- 1 lb. Kale (approx. 3/4-1 bunch)*
- 1/2 cup Vegetable or Olive Oil
- 1/2 cup Strawberries, sliced
  
  (Add more if you like!)
- 1/4 cup Lemon Juice
- 1 tablespoon Honey or Sugar
- 1/4 teaspoon Salt
- 1/2 teaspoon Pepper

* If using “ready to use” bagged Kale: Approx. 6 oz.

**SCHOOL FOOD SERVICE**

# PORTIONS: 25

- 3 lbs. Kale (approx. 3 bunches)**
- 2 cups Vegetable or Olive Oil
- 2 cups Strawberries, sliced
- 1 cup Lemon Juice
- 1/4 cup Honey
- 1 teaspoon Salt
- 2 teaspoons Pepper

** If using “ready to use” bagged Kale: Approx. 2.25 lbs.

**DIRECTIONS:**

1. Wash kale & dry thoroughly.
2. Cut kale along sides of stem. Remove stems so you're only left with leaves.
3. Stack leaves & roll them up tightly lengthwise to resemble a tube shape. Cut across the top of the tube into very thin strips.
4. Add 1/4 cup (food service 1 cup) of oil to kale. Massage oil into kale for 2 minutes.
5. Add strawberries to kale.
6. Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing. Add dressing to kale. Mix. Refrigerate for 1 hour.

Fun Fact:

Did you know an avg. strawberry has 200 seeds on the outside?

Portion Size: 1 cup = ½ cup Veg/Dark Green