



JERSEY TASTES!

RECIPES

Crunchy Thai Kale Salad

INGREDIENTS:

FAMILY-SIZE SERVES: 8
PORTION SIZE: 1 CUP

- 3 cups Kale, shredded without stem
- 1 cup Red Cabbage, shredded
- 1 cup Carrots, chopped
- 2 cups Chick Peas, drained (15.5 oz. can) or 12 oz. Edamame, shelled, fresh/frozen thawed
- 1 cup Red Peppers, chopped
- 1/4 cup Scallions, thinly sliced w/ tops
- 1/4 cup Cilantro, chopped
- 1.5 cups Mandarin Oranges, drained (15 oz. can)

* Optional: 2 tablespoons Black Sesame Seeds

DRESSING:

- 1/4 cup of Lime or Lemon Juice
- 1/4 cup Soy Sauce, Reduced Sodium
- 1 tablespoon Minced Garlic
- 1/4 teaspoon Ground Ginger
- 1.5 tablespoons Brown Sugar
- 2 tablespoons Vegetable Oil
- 1 tablespoon Sesame Oil or Vegetable Oil

DIRECTIONS:

- 1 In blender or food processor, combine all dressing ingredients. Blend for 30 seconds.
- 2 Combine kale, cabbage, carrots, chick peas or edamame, red peppers, scallions & cilantro in a bowl.
- 3 Add dressing to salad. Mix thoroughly. Marinate overnight.



SCHOOL FOOD SERVICE

PORTIONS: 25
PORTION SIZE: 2.25 CUPS

- 3 lbs. Kale, untrimmed, shred without stem, 3 qts. & 1/2 c.
- 1 lb. Red Cabbage, shredded (1.5 qts. & 1/4 c.)
- 2.5 lbs. Carrots, chopped (1.5 qts. & 1/4 c.)
- 1.25 #10 cans Chick Peas, drained or 4.75 lbs. Edamame, shelled, fresh/frozen thawed
- 2.75 lbs. Red Peppers, chopped (1.5 qts. & 1/4 c.)
- 6 oz. Scallions, thinly sliced w/ tops (1.5 c.)
- 2 oz. Cilantro, chopped (1.5 c.)
- 1 #10 can & 3 cups Mandarin Oranges, drained

* Optional: 1/2 cup Black Sesame Seeds

DRESSING:

- 1.25 cups of Lime or Lemon Juice
- 1.25 cups Soy Sauce, Reduced Sodium
- 1/4 cup Minced Garlic
- 2 teaspoons Ground Ginger
- 1/2 cup Brown Sugar
- 3/4 cup Vegetable Oil
- 1/4 cup Sesame Oil or Vegetable Oil

GREAT VEGETARIAN ENTRÉE !

Portion Size: 2.25 cups = 1/4 c Veg/Other
1/4 c Veg/Dk. Green; 1/2 c Veg/Red-Orange;
2 oz. Meat Alt.; 1/2 c Fruit



- 4 Add Mandarin oranges to salad (food service can serve 1/2 c. separately w/ salad).
Optional toss sesame seeds into salad.

Fun Fact:
Kale was a primary source of food in Britain during the WWII