



# JERSEY TASTES! RECIPES

## Cranberry Apple Kale Salad

### INGREDIENTS

**FAMILY-SIZE**

**SERVES 6**

**#PORTION SIZE 8 OZ**



- 1½ lbs. of kale, fresh, trimmed, without stem
- 1 cup of apples, diced
- ¼ cup (1 Tbsp for apples rest for dressing) of lemon juice
- 6 oz. fresh cranberries or 2 oz of dried cranberries
- 2 Tbsp of honey
- 1 ½ cups of olive oil
- Salt
- Black Pepper

**SCHOOL FOOD SERVICE**

**SERVES 24**

**# PORTIONS: 24-6 OZ**



- 4 ¾ lbs. of kale, fresh, trimmed, without stem
- 4 cups of apples, diced
- 1 cup total (¼ cup for apples and ¾ cup for dressing) of lemon juice
- 16 oz fresh cranberries or 8 oz of dried cranberries
- ½ cup of honey
- 1 ½ cup of olive oil
- 2 tsp of salt
- 2 tsp of black pepper

### DIRECTIONS



**1** Chop kale & set aside. In a small bowl dice apples add a quarter of the amount of lemon juice to the apple to prevent from browning.

**2** Dressing: In a medium size bowl, combine the remainder of lemon juice honey salt & pepper. Whisk together then slowly add the olive oil. Keep whisking until the dressing thickens.

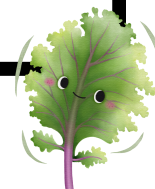
**3** Add dressing to Kale and toss. Combine the cranberries & apples with the Kale mixture. Serve.



#### Fun Fact:

Cranberries have small pockets where air seeps into that allows them to float.

Cranberries are good for your teeth preventing bacteria and plaque-buildup on teeth.



**PORTION SIZE: 1 Bowl**

**1 Bowl = 1/3 cup Fruit Equivalent;**

**1 cup Vegetables (3/4 cup Dark Greens)**



**RECIPES MADE IN COLLABORATION WITH:**

