



JERSEY TASTES!

RECIPES

Kale-Strawberry Salad

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.

Portion Size: 1 cup = 1/2 cup

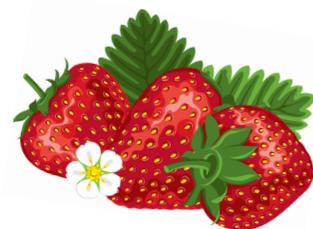
Veg/Dark Green



Fun Fact:
Giving your Kale
a massage will
make it less
bitter.

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.



RECIPES MADE IN COLLABORATION WITH:

