RECIPE NAME: Fall Kale Salad

Grade Group:K-12	HACCP Process:
Number of Portions: 100	☑ #1 No Cook
Portion Size: 1& 1/4 cup	❏ #2 Cook & Serve Same Day
Serving Utensil: tongs or 10 oz. spoodle	❏#3 Includes cooling step
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Kale, fresh, trimmed, stems removed	5 lb, 12 oz.		1. Chop kale, bok choy, and chard into 1"-2" pieces.*
Bok choy, cored	2 lb, 12 oz.		2. Core apples and dice into bite-sized pieces.
Swiss Chard, fresh, trimmed, lower stems removed	2 lb, 12 oz.		3. Toss diced apples in ¼ c of lemon juice.
Apples, diced	2 lb, 8 oz.	8 1/3 cup	4. Make dressing by whisking together the lemon juice, honey, salt and pepper.
Lemon juice		¼ cup	5. Slowly add in oil while whisking to ensure dressing thickens.
Cranberries, dried	16 oz	3 1/2 cup	6. Add dressing to greens and toss.
			7. Add apples and dried cranberries to greens mixture and serve.
Dressing			
Lemon juice		1 1/4 cup	
Honey		7/8 cup	
Oil, canola		2 1/2 cup	
Salt		1 Tbl.	
Pepper, black		1 Tbl.	
*Substitute 116 cups of chopped alternative dark leafy greens in place of these 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
	½ 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