



825192 - Sweet Kale Salad

Source: Farm to School

Number of Portions: 17

Size of Portion: cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Attributes:

Vegetables

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
011233 KALE,RAW.....	2 LBS (trimmed, shredded)	Place 2 lb of kale in a 4 inch deep full size perforated pan. Remove any unwanted stems or pieces. Blanch greens in steamer until they turn bright green; approximately 1 minute or less. Do not cook! Place on sheet pan for cooling. (Refer to K-12 Culinary Institute lessons on blanching vegetables.) Chill immediately to 41°F in the refrigerator. Greens may be blanched one day prior to service and stored in the refrigerator. CCP: Cool to 41° F or lower within 4 hours.
019296 HONEY..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 009524 LEMON JUC FROM CONC,BTLD,REAL LEMON..... 002030 PEPPER,BLACK..... 002047 SALT, TABLE.....	3 Tbsp 2 Tbsp 1/8 TSP (ground) 1/8 tsp	CCP: No bare hand contact with ready to eat food. To prepare dressing, combine honey, vegetable oil, lemon juice, black pepper, and salt in mixing bowl. Whisk to combine. (Note: The recipe may be revised to substitute brown sugar for all or part of the honey.) Transfer blanched, chilled kale to 4 inch deep full size steamtable pan. Pour dressing over each pan of kale. Using gloved hands, gently toss greens with the dressing to combine well.
051450 APPLES, RED DELICIOUS, FRESH, WITH SKIN.....	2 each, 138 ct (2 3/4" ida)	CCP: No bare hand contact with ready to eat food. Rinse apples under running water and drain in a colander. Using a chef's knife, cut apples into quarters, remove the core, and cut into 1/4 inch dices. Add diced apples immediately to the dressing salad and toss to coat and prevent browning. Serve 1 cup using 8 ounce spoodle, 2 scoops of number 8 disher or pre-portion into 8 ounce serving cups. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (cup)

Calories	60 kcal	Cholesterol	*0* mg	Sugars	*4.3* g	Calcium	81.45 mg	31.84%	Calories from Total Fat
Total Fat	2.12 g	Sodium	38 mg	Protein	2.35 g	Iron	0.82 mg	4.56%	Calories from Saturated Fat
Saturated Fat	0.30 g	Carbohydrates	10.00 g	Vitamin A	5340.0 IU	Water ¹	*47.14* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.32 g	Vitamin C	65.1 mg	Ash ¹	*1.13* g	66.59%	Calories from Carbohydrates
								15.62%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							