

Recipe for: KALE APPLE SALAD

Serves 10-20 students a sample size portion

INGREDIENTS

- 2 bunches (10-12 large leaves) kale, de-stemmed, cut or torn
- 2 apples, diced (can also use pears)
- ½ cup slivered almonds, pecans, cashews, or pistachios (unsalted)
- ½ cup shredded cheese (cheddar or parmesan)

For the dressing

- ¼ cup olive oil
- 1 tablespoon maple syrup
- ¼ cup apple cider vinegar
- 1 tablespoon dijon mustard
- Salt to taste

DIRECTIONS

1. Massage cut kale for 1-2 minutes if desired.
2. Combine kale, apple, almonds, and cheese and set aside.
3. Put all dressing ingredients into a blender and pulse 4-5 times
OR put all dressing ingredients in a mason jar and shake until well combined.
4. Drizzle dressing over kale mixture and toss to combine.
5. Serve and enjoy!



— SCHOOLYARD GARDENS —