

Recipe Name: Kale Salad			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Kale, cleaned and chopped	10 lbs.		1. Place kale in a large mixing bowl and add juice and salt. Using your hands, massage the kale until it loses volume and turns semi-translucent and bright green.
Orange Juice		3 c.	
Salt		2 t.	
Vegetable Oil		½ c.	2. Stir in oil and dried fruit and mix well.
Dried Cranberries, Raisins or Blueberries	4 lbs.		
			3. Pour salad into a steam table pan and cover with plastic wrap.
			4. Refrigerate salad for at least 30 minutes prior to service.

Serving Size for Grades: K-8 is: ½ c. (unit: cup, fl oz, each) Serving Utensil: #8 scoop

Serving Size for Grades: 9-12 is: ½ c. (unit: cup, fl oz, each) Serving Utensil: #8 scoop

Total Yield for 50 (# servings recipe makes) is: 1 (number) Steam table pan (unit: lbs, gal, OR # pans and # servings/pan)

Meal Pattern Contributions

1/4 c. green veg,