

"KALE YEAH!" SALAD

Old Saybrook Schools - 2016

Grades: K-12

Yield: 50 portions

INGREDIENTS	50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	
Kale - washed, cleaned & chopped	4.25 lbs	50 cups	<ol style="list-style-type: none"> Sanitize work area with bleach & water solution. Wash hands. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> Wash kale well and spin dry. Chop kale. Toss with dried cranberries & low-fat Italian dressing and portion into 10 oz bowls.
Dried cranberries	2 lbs	6.25 cups	
Low-fat Italian dressing		3 ¼ cup	
<p>Serving Size: 1 cup greens + ⅛ cup cranberries</p> <p>Meal Pattern Contribution: ½ cup Dark green vegetables, and ¼ cup fruit</p> <p>NOTE: ⅛ cup Dried Cranberries credits as ¼ cup fruit. 1 lb dried cranberries equals 27.6 servings or ¼ cup.</p>			<p>HACCP/Serving Instructions:</p> <ol style="list-style-type: none"> Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower. <p><i>Suggested service would include WG Croutons and dinner roll.</i></p>

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.



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