### "KALE YEAH!" SALAD

**Old Saybrook Schools - 2016**

**Grades:** K-12  
**Yield:** 50 portions

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| Kale - washed, cleaned & chopped | 4.25 lbs | 50 cups | 1. Sanitize work area with bleach & water solution.  
| Dried cranberries | 2 lbs | 6.25 cups 3 ¼ cup | 2. Wash hands.  
| Low-fat Italian dressing | | | 3. Put on food service gloves. |

**Cooking Methods:**
1. Wash kale well and spin dry.  
2. Chop kale.  
3. Toss with dried cranberries & low-fat Italian dressing and portion into 10 oz bowls.

**Serving Size:** 1 cup greens + ⅛ cup cranberries  
**Meal Pattern Contribution:** ½ cup Dark green vegetables, and ¼ cup fruit

**NOTE:** ⅛ cup Dried Cranberries credits as ¼ cup fruit. 1 lb dried cranberries equals 27.6 servings or ¼ cup.

**HACCP/Serving Instructions:**
1. 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.

*Suggested service would include WG Croutons and dinner roll.*

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.