

Krazy Kale Salad* (Cooked Greens)



Makes 35 servings
2 Tbsp. of kale salad per serving

INGREDIENTS

- 1 pkg. (16 oz.) shredded kale
- 5 oz. dried cranberries
- 3 oz. honey mustard dressing

PREPARATION

1. Add all ingredients to a large mixing bowl and mix thoroughly.
 2. Have students spoon 2 Tbsp. of salad on a paper plate.
 3. Serve immediately.
- *Note: many greens typically cooked can also be eaten raw.

Nutrition information per serving: Calories 20,
Carbohydrate 3g, Dietary Fiber 1g, Protein 0g, Total Fat 1g,
Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 20mg



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