

RECIPE NAME: FALL for CAULIFLOWER SALAD		
RECIPE CODE:		
# PORTIONS: 24		
PORTION SIZE: 1/2 cup		
1/2 cup = 1/2 cup "Other" for School Lunch		
INGREDIENTS:	WEIGHT/ MEASURE:	DIRECTIONS:
Cauliflower	2 medium heads	1. Cut cauliflower into florets.
Honey	3/4 cup	2. Combine together in a blender or mixer, honey, dry mustard, paprika, vinegar, lemon juice.
Dry Mustard	1 teaspoon	3. Gradually add oil, beating constantly until mixture thickens.
Paprika	1 teaspoon	4. Add dressing to cauliflower and coat.
Apple Cider Vinegar	1/8 cup	5. Gently fold peaches, parsley and raspberries into salad. Chill salad.
Lemon Juice	1 teaspoon	
Oil	3/4 cup	
Peaches, diced**	4 each medium	
Parsley, fresh, chopped	1/2 cup	
Raspberries	1.5 cups or 12 oz.	
**Variations:	Fruit Suggestions:	
Peaches can be substituted with:	Mango, Plums, Orange Segments, or Raspberries	

RECIPE NAME: FALL for CAULIFLOWER SALAD		
RECIPE CODE:		
# PORTIONS: 12		
PORTION SIZE: 1/2 cup		
1/2 cup = 1/2 cup "Other" for School Lunch		
INGREDIENTS:	WEIGHT/ MEASURE:	DIRECTIONS:
Cauliflower	1 medium head	1. Cut cauliflower into florets.
Honey	1/4 cup plus 2 tablespoons	2. Combine together in a blender or mixer, honey, dry mustard, paprika, vinegar, lemon juice.
Dry Mustard	.5 teaspoon	3. Gradually add oil, beating constantly until mixture thickens.
Paprika	.5 teaspoon	4. Add dressing to cauliflower and coat.
Apple Cider Vinegar	1 tablespoon	5. Gently fold peaches, parsley and raspberries into salad. Chill salad.
Lemon Juice	.5 teaspoon	
Oil	1/4 cup plus 2 tablespoons	
Peaches, diced**	2 each medium	
Parsley, fresh, chopped	1/4 cup	
Raspberries	3/4 cup or 6 oz.	
**Variations:	Fruit Suggestions:	
Peaches can be substituted with:	Mango, Plums, Orange Segments, or Raspberries	

RECIPE NAME: KALE-FRUIT SALAD**RECIPE CODE:****# PORTIONS: 25****PORTION SIZE: 1 cup****1 cup = 1/2 cup "Dark Green" for School Lunch****INGREDIENTS:****WEIGHT/
MEASURE:****DIRECTIONS:**Kale, *midribs
removed*3 lbs.
Untrimmed*1. Wash kale very well & dry.
If kale has thick ribs, cut them out by slicing along each side so that you're only left with the tender leaf.

Olive Oil

2 cups

2. Stack 3 or 4 leaves at a time and roll them up tightly lengthwise.
Using a very sharp knife, cut across the roll into very thin strips about 1/8 inch thick. This is called "chiffonade".**Strawberries,
sliced

2 cups

3. Add 1 cup of oil and massage kale for 2 minutes to break down fibers.

Lemon Juice

1 cup or Juice of
5 Lemons

4. Add strawberries.

Honey

1/4 cup

5. Mix together lemon juice, remaining oil, honey, salt and pepper.

Salt

1 teaspoon

6. Add dressing to kale and strawberries. Mix.

Pepper

2 teaspoons

7. Refrigerate.

Note: Can be served immediately or refrigerate until service.

Can be prepared in advance & held for 2 days.

*If using "ready to use" bagged kale that is trimmed & cut: Use approx. 2.25 lbs. Kale

****Variations:****Fruit Suggestions:**Strawberries can be
substituted with:

Orange Segments, Apples, Raspberries or Blueberries

RECIPE NAME: KALE-FRUIT SALAD		
RECIPE CODE:		
# PORTIONS: 12		
PORTION SIZE: 1 cup		
1 cup = 1/2 cup "Dark Green" for School Lunch		
INGREDIENTS:	WEIGHT/ MEASURE:	DIRECTIONS:
Kale, <i>midribs removed</i>	1.5 lbs. Untrimmed*	1. Wash kale very well & dry. If kale has thick ribs, cut them out by slicing along each side so that you're only left with the tender leaf.
Olive Oil	1 cup	2. Stack 3 or 4 leaves at a time and roll them up tightly lengthwise. Using a very sharp knife, cut across the roll into very thin strips about 1/8 inch thick. This is called "chiffonade".
**Strawberries, sliced	1 cup	3. Add 1/2 cup of oil and massage kale for 2 minutes to break down fibers.
Lemon Juice	1/2 cup or Juice of 2.5 Lemons	4. Add strawberries.
Honey	1/8 cup	5. Mix together lemon juice, remaining oil, honey, salt and pepper.
Salt	.5 teaspoon	6. Add dressing to kale and strawberries. Mix.
Pepper	1 teaspoon	7. Refrigerate.
		Note: Can be served immediately or refrigerate until service. Can be prepared in advance & held for 2 days.
*If using "ready to use" bagged kale that is trimmed & cut: Use approx. 1 lb. Kale		
**Variations:	Fruit Suggestions:	
Strawberries can be substituted with:	Orange Segments, Apples, Raspberries or Blueberries	