

Winter Kale Salad

Makes 20 1/2 cup servings

SALAD INGREDIENTS

- 10 cups kale leaves (stripped from the stem)
- 1 small red onion
- 2 pomegranates (or 1+ cup dried cranberries or dried cherries)
- 4 T. chopped parsley
- 8 oz. crumbled feta cheese (optional)
- 1 cup pine nuts or pecan pieces (optional, can be toasted ahead of time)

DRESSING

- 2 T. Honey
- 1/2 tsp. sea salt
- 1/4 tsp black pepper
- 2 T. Dijon mustard
- 4 T. apple cider vinegar
- 6 T. extra virgin olive oil

PREPARATION INSTRUCTIONS

Thinly slice onion (tip: set in a bowl of cold water for 10 minutes to soften “bite”)

Wash and slice the kale into long thin “ribbons” (strips), or tear into small pieces.

Prepare pomegranate, parsley and feta as follows and place in separate small bowls:

- Remove pomegranate seeds (see notes and Planning Tip below).

- Chop or tear parsley into small pieces.

- Crumble feta if needed.

Toss kale and onion in a large bowl together.

Make the dressing with student assistants: measure all ingredients in a small bowl. Whisk for 1-2 minutes, so the mixture emulsifies. Pour half of the dressing over the kale/onion and toss thoroughly, making sure salad is well coated. Add remaining dressing as desired.

If time allows, let the salad rest for up to 10 minutes to soften kale and allow flavors to blend.

(Planning Tip: While the salad rests, use this time to prepare the pomegranate seeds as a class demonstration, have students clean up/set up for serving. This is also an ideal time to discuss nutrition facts.)

Plate the salad and offer students feta, nuts and pomegranate seeds to top their salads.

(Tasting tip: Feta and pomegranates may be new foods for some students, so make allowances if students decline an ingredient, or just want a taste.)

How to remove pomegranate seeds from the fruit:

Both methods use a wooden spoon to tap the seeds out of the membrane. This is a fun demonstration for the students to see.

Slice in half method: <https://www.youtube.com/watch?v=ma77qhzNnOI>

Scoring method: https://www.youtube.com/watch?v=Yj_MUdNXc28

Student participation tips and ideas:

1. Always wash and dry hands before handling or eating food. While preparing food, wear a mask. Older students and adults should wear food safety gloves too.
2. Confirm food preparation is allowed in the classroom or garden setting at your school. If preparing food to share is not an option, ask if each student would be allowed to prepare their own salad. In this scenario, each student is given a kale leaf to prepare on their plate and the teacher demonstrates and distributes the other ingredients following COVID-safe food prep guidelines.
3. Handling paring knives is not recommended for students younger than 3rd grade.
4. Cutting the kale into ribbons in this recipe can be used as an introduction to using kitchen knives, in combination with step by step instructions in handling and using knives safely. The recipe can be made by tearing the kale leaf into small pieces too.
5. Prepare the kale: if kale has thick stems, strip each side of the leaf from the stem, to have two leaf halves. Roll each leaf up into a tube shape, and holding one end of the tube on the cutting board or plate, make thin slices across the roll to make “ribbons”. (Tip: Many students enjoy eating the leftover stems!)
6. If students cut the onion, have them wash their hands immediately to avoid accidentally getting onion juice in the eye through touch.