

Kale Parm Salad - Kale Parmesan Salad

Recipe:	R-2916	HACCP Process:	Same Day Service		
# of Servings:	50.00	Serving Size:	1/2 cup	Source:	VT Harvest of the Month
Grams Per Serving:	77.90	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Kale, raw	7 LB + 4 OZ	<ol style="list-style-type: none"> 1. De-stem kale leaves and chop into bite-sized pieces. 2. Cook Kale leaves in boiling water until tender, about 3-5 minutes. 3. Drain kale and squeeze dry. Fluff up leaves and transfer to a large bowl. Cool immediately. 4. In small bowl, combine the oil, lemon juice, parmesan, black pepper and salt. 5. Add oil mixture to kale, mix to coat, serve chilled. <p>CCP: Refrigerate until served.</p>
Oil, olive, salad or cooking	1 CUP	
Cheese, Parmesan; 5 lb grated parmesan; as purchased	2 CUP	
Lemon juice, raw	1/2 CUP	
Salt, table	1/2 OZ	
PEPPER, BLACK, GROUND	1/2 OZ	

Notes:

Production Notes:

Serving Notes: "Vermont Harvest of the Month provides ready-to-go materials to promote local food in your classroom, cafeteria and community. Find recipes, lessons, and more online at www.VermontHarvestoftheMonth.org."

Nutrients Per Serving: (per 1/2 cup)

Calories	95.684	Trans Fat (gm)	*	Iron (mg)	1.182
Protein (gm)	4.099	Chol (mg)	4.800	Calc (mg)	148.593
Carb (gm)	6.795	Vit A (IU)	10143.181	Sodium (mg)	234.268
Tot Fat (gm)	6.220	VitC (mg)	80.047	Fiber (gm)	1.325
Sat Fat (gm)	1.617			Sugars (gm)	*

Note: * means nutrient data is missing or not available.

Meal Components: (per 1/2 cup)

Fruit (Cups)	Vegetables (Cups)				
	Dark Green	0.5	Red/Orange	Beans/Peas	Starchy
Whole Grain- Rich (Oz. Eq.)	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)		Fluid Milk (Cups)

Allergens:

No Listed Allergens