

WELLNESS WEDNESDAY



This Wellness Wednesday, head to the kitchen and practice your culinary skills for MPS' Junior Iron Chef: At Home Edition with this recipe from MPS Culinary & Wellness Services!

To Prepare for Jr. Iron Chef at Home Edition - Practice Your Chef Skills

GREEN LAVA KALE SALAD

INGREDIENTS

4 CUPS KALE, FINELY SLICED
3 TBSP LEMON JUICE
6 TBSP VEGETABLE OIL
1/2 TSP KOSHER SALT
2 CUPS FRESH APPLES, DICED
2 TBSP HONEY
1/8 TSP BLACK PEPPER

PREPARATION

1. COMBINE KALE, LEMON JUICE, OIL, SALT & PEPPER IN A LARGE BOWL.
2. MIX KALE WITH HANDS UNTIL GLOSSY, GREEN, AND SOFT.
3. ADD APPLES TO THE KALE AND STIR IN HONEY.

CHEF TIP

TO KEEP THE APPLES FROM BROWNING AFTER DICING, SQUEEZE HALF A LEMON OVER THE APPLES AND STIR.

Enjoy!

ALLERGENS
(NONE)



TRUE FOOD TASTE TEST!



MAKE IT

Create and enjoy the Green Lava Kale Salad in your home!

Try this: Massage the kale with your hands. Add 1 - 2 tbsp of oil per bunch of kale and optional salt (generous sprinkle). This will reduce any bitterness in the kale and create a more flavorful, tender and nutrient dense salad!

MIX IT

Create your own dressing! This recipe uses a 2:1 ratio of oil to acid (examples: vinegar, lemon juice, lime juice). Try different proportions and see what you like best.

Emulsifiers– prevent oil & vinegar from separating
Dijon mustard (½ teaspoon per tablespoon of vinegar)

Flavor Enhancers

Spices (¼ to ½ teaspoon per tablespoon vinegar)
Dried spices (½ teaspoon per tablespoon of vinegar)
Fresh Herbs (1 tablespoon per tablespoon of vinegar)

ADAPT IT

What would you change in this recipe? Try to think of other ingredients you can substitute.

Challenge: Are there any food items from the CWS food box you would include in the salad?

For more of our favorite CWS recipes visit: cws.mpls.k12.mn.us/recipes

Junior Iron Chef: At Home Edition

MPS Culinary & Wellness Services invites all Junior Chefs—children 18 years or younger—to submit their best recipe developed at home using ingredients from MPS' food boxes, which are free and available for pick-up during school closure. Three finalists will have their recipes tested (on camera!) by MPS Culinary & Wellness Services Chefs and ONE will win the title of JUNIOR IRON CHEF! Recipe submissions are due June 1.

Learn more at: cws.mpls.k12.mn.us/junior_iron_chef

