



1lb FRESH KALE

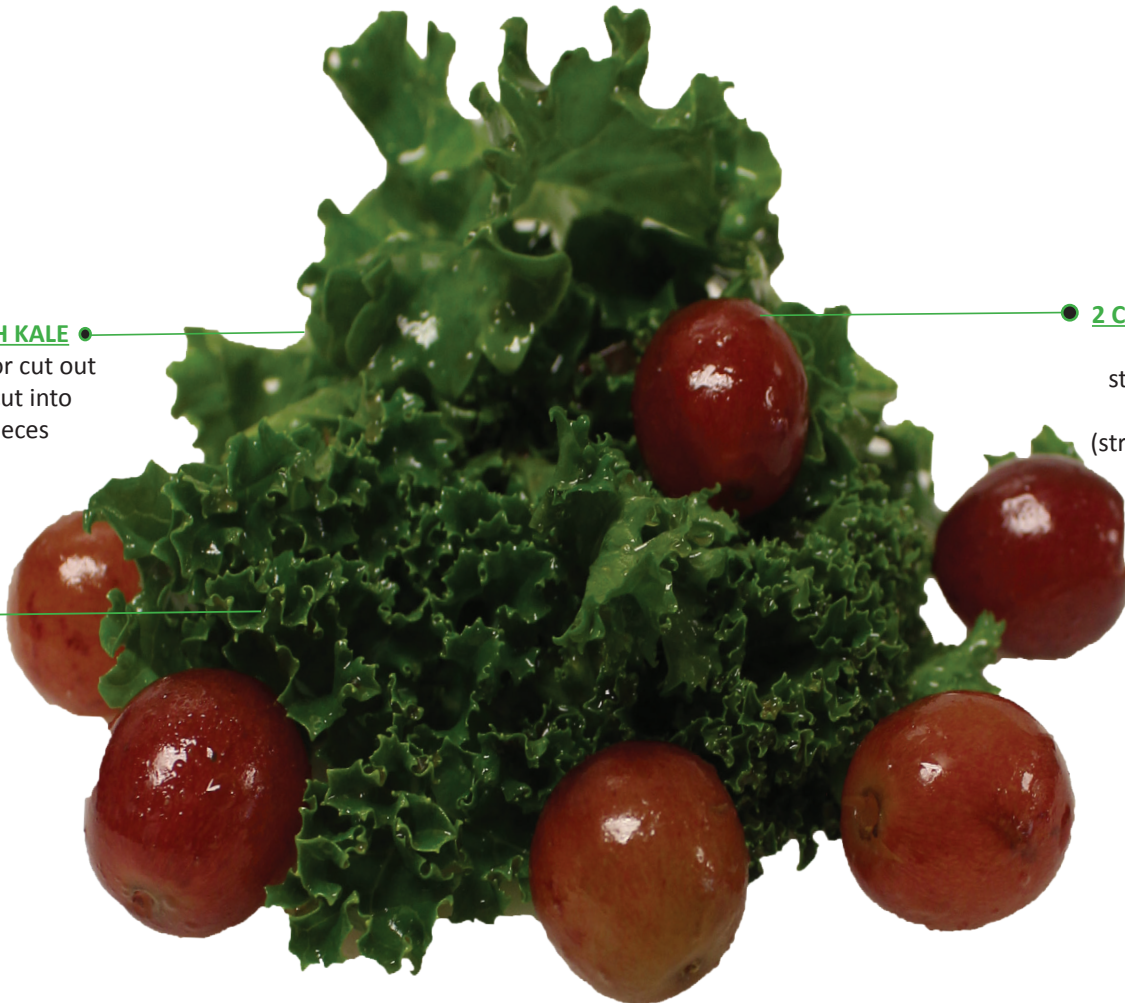
Wash, pull or cut out stems & cut into small pieces

2 Cups RED GRAPES

Wash, pull off stems, left whole or cut in 1/2 (strawberries can be substituted for grapes)

THE DRESSING

1/2cup Balsamic Vinaigrette
(Any basic, pre-made balsamic dressing will work) mixed with 1/2 tsp Garlic Powder & 2 Tbsp Honey



Kid-Friendly Kale Salad

PREPARATION INSTRUCTIONS

Soak/float kale in a large bowl 2/3-full of water to allow the dirt to settle to the bottom. Remove and drain in a colander and rinse again in cold water. Drain well. In a large bowl, toss kale with dressing and coat evenly. Once the dressing is added, you can massage the kale before serving so it is not as tough. Toss salad with grapes and serve chilled.

ADDITIONAL SUGGESTIONS

For a fall/winter version of this salad, substitute apples or pears for grapes. Wash, core and dice apples or pears. For dressing, omit balsamic dressing and substitute 1/4 cup oil, 1/4 cup cider vinegar & 1/4 tsp salt. In a bowl, whisk together the vinegar, honey, garlic and salt. Slowly add oil until well-combined.