

# Kickin' Kale Sala EO 01

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

**YIELD:** **50 Servings**

Ingredients	Weight	Measure	Weight	Measure
Kale, trimmed, without stem		3 gallons + 1 pint		6 gallons + 1 quart
Olive oil		¼ cup + 1 Tbsp.		½ cup + 2 Tbsp.
Lemon juice		1 ¼ cups		1 pint + ½ cup
Garlic powder		2 ½ Tbsp.		¼ cup + 1 Tbsp.
Salt		2 tsp.		1 ½ Tbsp.
Black pepper		2 tsp.		1 ½ Tbsp.
Avocado		10 Each OR 1 quart + 1 cup (5 cups, mashed)		20 Each OR 2 ½ quarts (10 cups, mashed)

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Peel avocados, remove seed, and in a small bowl, mash the avocados.
2. In a large bowl, combine all ingredients. Use clean gloved hands to massage the avocado and other ingredients into the kale for a few minutes.
3. Transfer to individual serving containers, if desired.

HACCP Critical Control Point: Hold at 40°F or below.

## Serving Information

Use 8 ounce spoodle or portion 1 cup kale salad to provide ½ cup dark green vegetable.

## Nutrition Information \* From USDA Nutrient Database

Calories: 91 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 9g (3g Fiber) Protein: 4g Sodium: 59mg