

Raw Kale Salad

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The students absolutely love this recipe! The lemon juice makes the kale very tender, and the nutty flavor of the tahini helps make the bitterness of the kale more palatable to young children. It's also really simple and fun to make with the kids, a great way to get them involved in the kitchen! If you have a nut-free kitchen and you can't use tahini or peanut butter, try roasting some extra chickpeas and pureeing them with the olive oil. It creates a similar texture to tahini and adds a nice nutty flavor without using any nut products.

- 7 bunches kale—any kind, though lacinato or dinosaur kale is especially tender (4½ pounds)
- 1½ cups lemon juice (7 lemons)
- ⅛ cup minced garlic (7 cloves)
- 1¾ cups olive oil
- 1¾ cups tahini or peanut butter
- 12½ cups chickpeas—drained and rinsed (1 #10 can)
- ½ teaspoon cayenne pepper
- 1 teaspoon salt
- 1 teaspoon pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Wash kale and chop into bite-sized pieces, discarding tough center stem.

Coat kale with lemon juice and let sit for 10 minutes, until leaves begin to tenderize.

Peel and mince garlic. Add to kale.

Add olive oil and tahini and toss to coat.

Add chickpeas, cayenne, salt, and pepper.

NUTRITIONAL INFORMATION

CALORIES: 123; SODIUM: 118.16 MG; SATURATED FAT: 10.12%

USDA REQUIREMENTS MET

¾ CUP TOTAL VEGETABLE

(¼ CUP DARK GREEN VEGETABLES, 1/8 CUP LEGUME VEGETABLE)