

# Kickin' Kale Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Kale, trimmed, without stem	4 lbs. 4 oz.	3 gallons + 1 pint OR		6 gallons + 1 quart OR 8 lbs. 8 oz.
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 an 8 ounce spoodle or portion 1 cup kale salad to provide ½ cup dark green vegetable.

OR

Use a 4 ounce spoodle or portion ½ cup kale salad to provide ¼ cup vegetable component.

## Nutrition Information per 1 cup serving \*From USDA Nutrient Database

Calories: 91 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 9g Fiber: 3g Total Sugar: 0g Protein: 4g Sodium: 59mg Vitamin A: 337µg  
Vitamin C: 85mg Calcium: 105mg Iron: 1mg Folate: 44µg



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