



HEALTHY FOOD IN A **SNAP**

KALE SALAD WITH CITRUS DRESSING



Did you know? All fruits and vegetables can be purchased with SNAP Benefits
Find out more at: www.urbanharvest.org/famers-markets/SNAP



KALE SALAD WITH CITRUS DRESSING

THE DRESSING

¼ olive oil
Juice of half a lemon (or any citrus you like)
2 tablespoons vinegar
1 tablespoon mustard
1-2 cloves garlic
Salt and pepper to taste

INSTRUCTIONS

Combine all ingredients in a bowl and whisk until everything begins to thicken. You can also add everything into a jar and shake to whip everything together. Chill dressing in the fridge until you're ready to eat!

THE SALAD

1 bunch Kale
2 carrots
1 tablespoon olive oil
1-2 pinches salt
Cheese, nuts, seeds, raisins or
any other vegetables you like

INSTRUCTIONS

1. Remove the thickest ribs from each kale leaf and compost. Chop leaves into preferred size.
2. Add olive oil and salt to chopped kale and massage everything together. This will begin to soften the kale. Massage thoroughly if eating immediately, or leave ingredients to sit for 30 minutes and they will soften on their own.
3. Slice, shred or julienne carrots.
4. Toss salad with citrus dressing and enjoy!