



## About Kale

- Kale is a leafy green that is a good source of calcium, vitamin C and vitamin A.
- Vitamin A helps with seeing at night and helps the body fight germs.

## Choosing & Storing

- Choose greens that are dark green in color with a lot of leaves and thin stems. Avoid any brown or yellow leaves.
- Store in the coldest part of the fridge for 3-5 days.

## WIC Tip:

- Wash leaves in lukewarm water. Cut out rough ribs and center stalks if they are large or tough.

**This institution is an equal opportunity provider**

[www.scph.org](http://www.scph.org)

# Kale Salad with Brown Rice and Chicken

Makes 2 servings. Recipe adapted from Eating Well [www.eatingwell.com/recipe/262450/greek-kale-salad-with-quinoa-chicken/](http://www.eatingwell.com/recipe/262450/greek-kale-salad-with-quinoa-chicken/)

## INGREDIENTS

- 4 cups chopped kale
- 1 ½ cups shredded cooked chicken
- ¼ cup roasted red peppers
- 1 cup cooked brown rice or quinoa
- ¼ cup salad dressing\*
- 1 ounce cheese

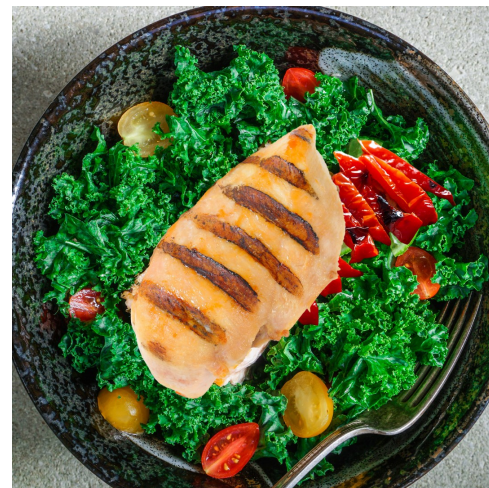
## INSTRUCTIONS

1. Place chopped kale in a large bowl. Pour a little olive oil in your hands and massage the kale until it darkens in color and gets soft.
2. Combine kale, roasted red peppers, cooked brown rice and any other veggies.
3. For the dressing, add all ingredients to a container and shake well.
4. Pour salad dressing over salad.
5. Sprinkle cheese on top.

\*Leftover dressing can be kept in a tightly sealed container in the fridge for a week.

## SIMPLE VINAIGRETTE (1/2 cup)

- ½ cup extra virgin olive oil
- 2 tbsp Vinegar of Choice (Balsamic, Red, Apple Cider)
- 1 tbsp Dijon mustard
- 1-2 tbsp Table Sugar or Honey
- Salt & Pepper for Taste



[www.scph.org](http://www.scph.org)