



# Waltham's Wicked Salad

Servings: 5 (1 cup portions)

## Directions

1. Massage your chopped kale with olive oil and a pinch of salt. Rub with fingers until leaves begin to darken and tenderize. This makes it taste great and gives the kale a silky texture.
2. In a large bowl combine kale, broccoli, carrots, onion sunflower seeds, and cranberries. Toss with either dressing below.

## Salad Ingredients

- 5 cups of chopped kale salad
- 2 tps olive oil
- 1/8 tsp salt
- 2 cups of broccoli (fresh or frozen)
- 1/2 cup shredded carrots
- 2 ears of sweet corn, shucked and kernels cut from cob
- 1/4 cup of red onion
- 1/4 cup sunflower seeds
- 1/4 cup dried cranberries

## Dressing (2 options)

### Lemon Zest Dressing = 1/2 cup

- 1/4 cup olive oil
- 2 tbsp fresh lemon juice
- 2 tbsp of red wine vinegar
- 1 tbsp of dijon mustard
- 1 clove a garlic (minced)
- 1/2 tsp of dried oregano
- 1/4 tsp of salt
- 1/8 tsp of black pepper
- 1 tsp of honey (adjust to taste)

\*Add all ingredients together except evoo.to a food processor, blender or container to use emulsion blender. Turn processor on slowly and then stream in the oil.

### Blueberry Balsamic Vinaigrette = 1/2 cup

- 1/2 cup fresh or frozen blueberries
- 1/4 cup balsamic vinegar
- 1 tbsp of honey
- 1 tbsp of dijon mustard
- salt & pepper to taste
- 6 tbsp olive oil

\*Add all ingredients together except evoo.to a food processor, blender or container to use emulsion blender. Turn processor on slowly and then stream in the oil.

Credibility: 1/2 cup Dark Green Veggie

Recipe courtesy of

Waltham Public Schools, Waltham, MA