

**Name of Recipe: Waldorf Kale Salad**

TCS Process: #1 No Cook

Number of Portions: 5

Meal Contribution: 2 WGR G, 2 M/MA, 1 cup dark green, ½ cup fruit

Alternate Menu Name:

Group Code: Salads

Portion Size: Each

Ingredients	Measure	Instruction
Yogurt, Greek, plain	3/4 cup	<p><b>Step A:</b></p> <ol style="list-style-type: none"><li>1. Make dressing. In a large mixing bowl, whisk together yogurt, lemon juice and sugar. <b>CCP: Hold at 41°F or lower.</b></li></ol> <p><b>Step B:</b></p> <ol style="list-style-type: none"><li>2. Rinse kale under running water. Drain well. Remove leaves from stems and tear or dice into 1 to 2 inch pieces. <b>CCP: Hold at 41°F or lower.</b></li></ol> <p><b>Step C:</b></p> <ol style="list-style-type: none"><li>3. Dice lettuce. Cut romaine head in half lengthwise through root end of lettuce. Rinse both halves thoroughly. Make lengthwise cuts leaving each root half intact, then cut across to make 1 to 2 inch pieces.</li><li>4. Rinse cut romaine under running water and drain well.</li><li>5. Combine romaine and kale in a large mixing bowl or container. <b>CCP: Hold at 41°F or lower.</b></li></ol> <p><b>Step D:</b></p> <ol style="list-style-type: none"><li>6. Weigh apples. Wash apples under running water. Using a sectionizer or chefs knife, core and slice apples into 6 wedges. Then cut each wedge into 1 inch pieces. Add to mixing bowl with dressing.</li></ol>
Lemon juice	1 Tbsp	
Sugar	1 tsp	
Kale, fresh	5 cups	
Lettuce, romaine	5 cups	
Apple, fresh, red, whole	5 ½ oz	
Apple, fresh, green, whole	5 ½ oz	
Celery	1 ¾ oz	
Beans, garbanzo, canned, low sodium	1 ¼ cups	
Cranberries, dried	½ cup + 2 Tbsp	
Cheese, cheddar, reduced fat, shredded	5 oz	
Flatbread, oven fired, WG	5 each	

**Step E:**

7. Weigh celery. Separate ribs from stalk and clean under running water. Remove any leaves and dice celery into  $\frac{1}{2}$  inch pieces. Add to mixing bowl.

**Step F:**

8. Drain and rinse canned garbanzo beans.
9. Add to mixing bowl.

**Step G:**

10. Add dried cranberries and shredded cheddar cheese to mixing bowl. Using a spatula, fold dressing with apple mixture to evenly coat.

**CCP: Hold and serve at 41°F or lower.**

**Step H:**

11. Cut one square of WG flat bread into 8 equal triangles.

**Step I:**

12. Assemble the salad as follows:

- Place 2 cups of kale and romaine mix in a large bowl.
- Top center of kale and romaine mix with 1  $\frac{1}{4}$  cups apple yogurt salad.
- Serve 8 flat bread triangles alongside salad.