



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>Step A:</p> <ol style="list-style-type: none"> 1. Make dressing. In a large mixing bowl, whisk together yogurt, lemon juice and sugar. CCP: Hold at 41°F or lower. <p>Step B:</p> <ol style="list-style-type: none"> 2. Rinse kale under running water. Drain well. Remove leaves from stems and tear or dice into 1 to 2 inch pieces. CCP: Hold at 41°F or lower. <p>Step C:</p> <ol style="list-style-type: none"> 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. 4. Rinse cut romaine under running water and drain well. 5. Combine romaine and kale in a large mixing bowl or container. CCP: Hold at 41°F or lower. <p>Step D:</p> <ol style="list-style-type: none"> 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.
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	

		<p>Step E: 7. Weigh celery. Separate ribs from stalk and clean under running water. Remove any leaves and dice celery into ½ inch pieces. Add to mixing bowl.</p> <p>Step F: 8. Drain and rinse canned garbanzo beans. 9. Add to mixing bowl.</p> <p>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.</p> <p>Step H: 11. Cut one square of WG flat bread into 8 equal triangles.</p> <p>Step I: 12. Assemble the salad as follows:</p> <ul style="list-style-type: none">• Place 2 cups of kale and romaine mix in a large bowl.• Top center of kale and romaine mix with 1 ¼ cups apple yogurt salad.• Serve 8 flat bread triangles alongside salad.
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