

KALE & STRAWBERRY SALAD

Serves 4-6



Ingredients:

- 1 bunch kale
- 2 cups fresh strawberries
- 1/4 cup balsamic vinegar
- 1 tablespoon olive oil
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- Pinch of salt and pepper



Instructions:

1. Wash hands, kale, and strawberries 🥕
2. Slice strawberries and place in a large bowl
3. De-rib kale, rip into bite-size pieces, and mix with strawberries 🥕
4. Pour vinegar, olive oil, mustard, honey, salt, and pepper in a jar with a tight-fitting lid, shake vigorously to mix 🥕
5. Stir vinaigrette into the kale and serve 🥕

🥕 = kid-friendly step



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WHY Kale?

- ✎ Kale has more than twice the vitamin C than an orange has.
- ✎ Vitamin C is great for your immune system. So if you feel a cold coming on, eat some kale to keep your body strong!
- ✎ Kale is very high in calcium which keeps your bones strong.
- ✎ Kale is high in vitamin K.
- ✎ Vitamin K is important for a healthy heart, strong bones, and reduces your risk of getting cancer.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:
www.mfma.org



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:
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