

Fresh Veggie Series



Vine & Fig Educational Outreach Program

This Week's Produce Items:

Friendly Neighbor Gardens:

Kale (Lacinato Kale also known as Dinosaur Kale)
Parsley, Beets, Spinach, Ginger and Salad Mix



Recipe of the week:

Kale Chips and Shaken Kale Salad

Kale Chips

Ingredients

- 1 bunch of kale (1/2 pound)
- 2 tablespoons olive oil
- Seasonings of choice: salt, garlic powder, etc.

Directions

1. Preheat oven to 300° F
2. Line cookie sheet with parchment paper
3. Wash and dry kale; remove leaves from stems; tear into bite size pieces
4. Mix kale with oil & seasonings of choice
5. Bake for 15 minutes, rotate pan, bake for 12-15 more minutes or until kale is crisp and edges are brown!



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Shaken Kale Salad

Ingredients

- 1/2 cup extra virgin olive oil
- 1/3 cup apple cider vinegar
- 1/4 cup honey (or maple syrup/agave)
- 2 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 cloves garlic
- A pinch of salt

Directions

1. First, massage kale with a little bit of olive oil and salt.
2. Add all the ingredients above to a jar and shake until combined.
3. Mix dressing, any optional toppings, and massaged kale in a bowl.

