

# MASSAGED KALE SALAD

Instructor Ms. Terra

Volunteer: Ms. Stella



## SKILLS LEARNED

Setting table  
Washing greens  
Tearing greens  
Making measurements  
Mason jar salad dressing  
Taking green stem out of strawberry  
Learning how to plate a plate to serve  
Clearing table  
Washing dish

## EQUIPMENT

### *Instructor to bring*

- Extra tub to wash kale (ATOZ storage)
- Salad spinner (Terra)
- Stainless steel salad bowl x 2 (ATOZ storage)
- Garlic press (Terra)
- Pint mason jar
- Cut down straws

### *ATOZ Kitchen Cart*

- Instructor cutting board & knife
- Station mats for students
- Tongs (1 pair on cart)
- Juicer or fork x 2
- Measuring spoon 1Tbsp, 1 tsp, ¼ cup
- Cheeky plates
- Utensils – forks
- Napkins
- Tablecloth

## INGREDIENTS

### *Salad*

- 12-15 leaves bunch kale (1 per student plus 1 for chef and 1 for volunteer)
- 1 lemon, cut in half
- 1 pint strawberries, sliced except for 3-4 to demonstrate knife skills (blueberries also work well)
- ¼- ½ cup seeds or nuts (pepitas, pine nuts, walnuts, almonds – whatever you like)
- ¼ - ½ cup shaved parmesan cheese

### *Dressing*

- 4 Tablespoons white balsamic vinegar
- 8 Tablespoons olive oil (2x vinegar)
- 1 teaspoon Dijon mustard
- 1-3 gloves garlic, minced or pressed
- Pinch salt & pinch pepper

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## INSTRUCTIONS

- ALL STUDENTS place 1 pieces kale in tub, swish and then put into greens spinner.
- ALL STUDENTS strip the green leafy part from the rib of each piece of kale. Tear the green leafy part into small, bite sized pieces and put in a big salad bowl.
- STUDENT #1 juice 1/2 lemon and pour the juice into the bowl with the kale. (using fork)
- ALL STUDENTS Use hands to massage the kale until it is broken down into a dark green color (5-7 minutes). Set aside.
- To make the dressing, measure into a mason jar –
  - STUDENT #2 vinegar
  - STUDENT #3 olive oil
  - STUDENT #4 mustard
  - STUDENT #5 & **Instructor** use garlic press or add minced garlic
  - **Instructor** - add a drizzle of honey, a pinch of salt and pepper.
- STUDENT #6 put lid on mason jars and shake, shake, shake!
- ALL STUDENTS take a turn to shake the mason jar.
- **TASTE TEST!** Use popsicle sticks to sample dressing to see if adjustments are needed.
- **Instructor demonstrates knife skills, no students today.** First cut the top off the strawberry to create a flat surface. Use your knife to carefully slice the strawberries and add to the bowl with the kale. (add straw to get green part from stem if a filler is needed)
- STUDENT #7 pour ½ jar dressing to each bowl of kale, add more if necessary. Toss gently until everything is evenly coated.
- STUDENT #8 measure out ~1/4 cup pumpkin seeds and add to the salad bowl.
- STUDENT #9 add about ¼- ½ cup shaved parmesan cheese and add to the bowl.
- STUDENT #10 – add strawberries
- STUDENT #11 – turn with tongs
- STUDENT #12 – plate 1-3 plates