

Kale Salad

Captain CREATE Recipes to Try at Home

INGREDIENTS

- 1 bunch of kale
- ½ cup baby carrots, cut into fourths lengthwise
- 1 cucumber, washed, peeled and sliced
- ¼ cup feta cheese

Dressing:

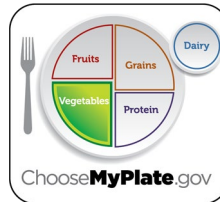
- ½ cup olive oil
- ¼ cup lemon juice
- 1 tsp garlic powder
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

Wash fresh produce in cold running water. Prepare kale leaves by tearing off stem and into bite sized pieces. Place kale in medium bowl. Cut baby carrots into fourths lengthwise and add to kale. Peel and slice cucumber and add to kale. Mix dressing. Offer dressing at the table as an option to add to the salad.

Source: Recipe created by Mary Anna Henke, NEA for Utah State University Extension, Food Sense

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Jicama Sticks

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INGREDIENTS

- 1 large jicama
- ½ of a lime, juiced
- ¼ tsp chili powder

DIRECTIONS

Wash and peel jicama. Cut jicama into ½ inch sticks. Sprinkle lime juice on jicama, then sprinkle on chili powder.

Source: Recipe created by Mary Anna Henke, NEA for Utah State University Extension, Food Sense

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