Kale & Strawberry Salad

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

Serves 4-6

Budding Farmers
MFMA

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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: www.buddingfarmers.com

Kale has more than twice the vitamin C than an orange has.

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.

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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.

Vitamin K is important for a healthy heart, strong bones, and reduces your risk of getting cancer.

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