

Mandarin Orange and Kale Salad

An easy salad, perfect for lunch or a light supper. A yummy mixture of fruit and kales makes a great addition to any meal.

Preparation Time: 6 min.

Cooking Time: NA

Servings: 8

Amount	Ingredient	Cost - date:
1 Bunch	Kale, washed and dried	
2 Tbsp	Extra Virgin Olive Oil	
Pinch	Salt	
4	Easy to peel Mandarin Oranges	
1	Gala Apple, skin on, cut into julienne strips	
1 stalk	Celery, thinly sliced	
1/3 cup	Thinly sliced Red Onion	
2 Tbsp	White Balsamic Vinegar	
1/4 tsp	Salt	
1/4 tsp	Freshly ground Black Pepper	
1/4 cup	Sliced Blanched Almonds, toasted (optional)	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Discard tough stems of kale. Tear leaves into bite-sized pieces. Place in large bowl. Drizzle 2 Tbsp oil over top; using hands, massage oil into kale for 1 minute. Sprinkle pinch of salt over top; massage and squeeze for 1 to 2 minutes or until kale is slightly softened.
2. Peel mandarin oranges and pull off excess stringy white bits; segment. Add orange segments, apple, celery and red onion to kale. In small bowl, whisk together 2 Tbsp oil, vinegar, salt and pepper. Pour over salad, toss to coat. Transfer to serving platter. Sprinkle with toasted almonds (optional).

SOURCE: PC Cooking School

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!

“Give us this day our daily bread.” Matthew 6:11