

ISLAND GROWN

HARVEST ^{OF} THE MONTH

KALE

KALE SLAW

Slaw

1 bunch kale washed, dried and pulsed in a food processor to small to medium grind or thinly slice by hand into thin strips.

2-3 carrots, grated

2 apples, diced

2 TBL. Purple onion, finely chopped

1/2 C. Crushed pineapple (canned) or 1/2 C. Finely diced fresh pineapple

Combine all ingredients in a large bowl.

Recipe by Robin Forte

Vinaigrette

1/4 C. Cider vinegar

1/4 C. Plain yogurt

2TBL. Honey, sugar or maple syrup

1TBL. Dijon mustard

1/2 tsp salt

1/8 tsp black pepper

4 TBL. Olive oil

Place vinaigrette ingredients except olive oil into a small bowl. Whisk until smooth. Continue whisking, add in the olive oil. Combine with the slaw. Refrigerate.



For more information visit

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