Did you know?

December is Kale Month

Fact #1

Kale is an excellent source of Vitamin K, C and A. It's also a very good source of fiber, calcium and potassium.

Fact #2

Vitamin K helps your blood clot when you get a cut.

Fact #3

1 cup of cooked Kale has more than 6x your daily requirement for Vitamin K.

ALL HAIL THE KALE



Kale Citrus Side Salad with Fresh Grapefruit

Number of Servings: 20

Serving Size: 1 cup kale salad topped with ⅛ cup grapefruit

INGREDIENTS:

20 Cup Raw Kale
¼ Cup Fat Free Balsamic Vinaigrette
1/3 cup Lime Juice
2 ½ Cup Grapefruit Sections

DIRECTIONS:

Remove large stems from kale leaves. Drizzle dressing & lime juice over kale and allow to rest for 15 min to allow the acidity to soften the kale leaves. Portion 1 cup into bowl and top with ⅛ cup grapefruit.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups