



KALE CHERRY SALAD

July 11

National Rainier Cherry Day

INGREDIENTS

- ½ Cup Sliced Almonds
- 6 Cups Kale (chopped)
- 1 Cup Fresh Cherries
(stemmed, pitted, and halved)
- 1 Cup Blueberries
- ½ Cup Crumbled Feta
- 1 Cup Diced Avocado
- Balsamic Vinaigrette Dressing (to taste)

DIRECTIONS

1. Toast the almonds in a large skillet over medium heat until golden brown and fragrant, stirring often, or about 3-5 minutes.
2. Place the kale, cherries, blueberries, feta cheese, avocado and almonds in a large bowl.
3. Toss with enough dressing to coat.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Fruit

MEAL TYPE

-  Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	1 Cup	1 Cup	2 Cups