



Kale Power Salad



This hearty green salad has bright flavors that deliver a major nutritional punch. Kids will love the massaging step! This recipe comes to us from Kids Cook Monday Ambassador Rachael of [La Fuji Mama](#).

Instructions:

To make the Lemon Cilantro Vinaigrette:

Together: If using a blender, place all of the ingredients, except for the olive oil and cilantro, into a blender and blend until well combined.

Adult: With the blender running, pour the olive oil through the lid opening slowly, until it is emulsified.

Kid: Add the cilantro and pulse the mixture a couple of times until it is mixed throughout the dressing. The finished dressing should be thick and creamy.

To make the kale power salad:

Kid: Place the kale in a large bowl and add about 1/4 cup of the dressing.

Kid: Massage the dressing into the kale until the kale starts to soften and wilt, about 2 to 3 minutes.

Together: In a separate bowl, toss the tomatoes, avocados, and cherries with a few tablespoons of the remaining dressing, then add it to the kale.

Kid: Sprinkle the salad with the sliced almonds and sunflower seeds and any of the dressing remaining in the bowl from the tomato mixture. Toss again.

Together: Add additional dressing as needed, toss again, then serve.

The dressing makes extra so that you can make the salad again, or use it as a delicious veggie dip!

Ingredients: (serves 6)

For the lemon cilantro vinaigrette:

- 3/4 cup extra virgin olive oil
- 1/3 cup lemon juice (1 to 2 large lemons)
- 2 tablespoons apple cider vinegar
- 4 teaspoons honey
- 1/2 medium Hass avocado, cut into chunks
- 1 tablespoon finely grated lemon zest
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground mustard powder
- 1/4 teaspoon red pepper flakes
- 1/2 bunch cilantro (about 1 oz), coarsely chopped

For the kale power salad:

- 1 1/2 large bunches kale, stalks removed and discarded, leaves thinly sliced
- 1 1/2 cups halved grape tomatoes
- 2 avocados, cubed
- 1/2 cup dried cherries (or cranberries)
- 1/4 cup toasted sliced almonds
- 1/4 cup roasted sunflower seeds (or pepitas)

Food For Thought!

Have you ever tried shaking up a bottle of oil and vinegar? They won't mix together! To mix a water-based liquid like vinegar with an oil, you need something to help them emulsify, which means to stay mixed together. In this recipe, the herbs, spices and avocado as well as the motion of the blender help emulsify the lemon juice and apple cider vinegar with the olive oil.



Cooking Tip of the Week

Need your avocados to ripen faster? Seal them in a paper bag for a few days. This traps the ethylene gas the avocados give off, which makes them ripen faster. To speed the process along even more, add an apple to the bag.

Conversation Starter

Besides food, where do you get your power from? Do you hope to be a powerful person someday?



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