



# Salad

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New August 2017, FCS-2196

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## Pasta and Kale Salad

### Helpful Hints

You might be surprised what kids will eat with a little salad dressing. Try kale in your next salad.

Kids love to play chef. Helping in the kitchen is a great way for kids to learn to eat better. Kids like to try foods they helped make.

# Pasta and Kale Salad

Serves 8

## Ingredients

4 cups raw kale, shredded  
¼ cup ranch salad dressing  
Squeeze of lemon juice  
1 tomato, diced  
⅓ cup crumbled feta cheese  
or other shredded cheese  
1 cup dry pasta (shell, elbow  
macaroni, rotini, orzo),  
cooked according  
to package

## Directions

1. Toss kale with salad dressing and lemon juice.
2. Massage kale well with hands for about 2 minutes. It's okay to squeeze!
3. Keep kale in refrigerator for an hour.
4. Toss other ingredients with kale and serve.