

Create-Your-Own

Salad Dressing

YIELD: 6 SERVINGS, ½ CUP

This recipe is really more of a formula! It was developed for the FoodCorps lesson Salad Dressing Challenge in which groups of students decide together on a flavor combination for a salad dressing to massage onto kale and then vote on their class favorite. (See the Salad Dressing Challenge Group Instructions below.) This serving size is for one group of 4–6 students, so scale up accordingly.



INGREDIENTS

- 2 tablespoon fat
- 1 tablespoon sour
- ½-1 teaspoon salty
- 1 teaspoon sweet (or ¼ cup dried fruit)
- 1 bunch kale

STEPS

1. Combine dressing ingredients in a mason jar. Seal and shake until incorporated. Taste and adjust seasoning. If using tahini or avocado, a tablespoon or two of water or oil may be needed to achieve a dressing consistency.
2. Tear one bunch of kale into small bite-sized pieces. Put in a zip lock bag, and pour in a couple tablespoons of your custom dressing. Seal the bag, and massage the dressing into the kale through the bag. Taste and add more dressing or salt, if needed.

Dressing Examples

EXAMPLE

- 2 tablespoons fat
- 1 tablespoon sour
- ½-1 teaspoon salty
- 1 teaspoon sweet (or ¼ cup dried fruit)
- 1 bunch kale

EXAMPLE 2

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ cup dried cranberries

Possible Ingredients

Fat

- Avocado
- Olive oil
- Sesame oil
- Tahini
- Yogurt

Sour

- Apple cider
- Balsamic vinegar
- Lemon/lime
- Mustard
- Orange
- Rice vinegar

Salty

- Fish sauce
- Kosher salt
- Sea salt
- Soy sauce

Sweet

- Apple slices or other fresh fruit
- Honey
- Raisins
- Other dried fruit
- Sugar

Recipe: FoodCorps, Inc.

