

Featured Vegetable

Kale

Per calorie kale has more iron than beef, and more calcium than milk! It is also rich in folate, vitamin K, and antioxidants!



Autumn Kale Salad

Ingredients	Directions
<ul style="list-style-type: none">• 1 bunch kale• 1 apple• 1 small butternut squash• 1 fennel bulb <p>Dressing:</p> <ul style="list-style-type: none">• 1 Cup apple cider• ½ Cup olive oil• 1 Tablespoon apple cider vinegar• Pinch of cinnamon• Salt to taste	<ul style="list-style-type: none">• Wash hands, wash everything!• Dice butternut squash, coat in olive oil, and roast in oven at 350° for 30-40 minutes.• Tear kale leaves off stem and into bite size pieces.• Dice apple, shred fennel.• Mix dressing ingredients in a jar and shake well.• Massage kale with dressing, then top with apple, roasted butternut squash, and fennel.• ENJOY!