

Brown Rice & Kale Salad Recipe



Yield: 1 1/2 cups

Ingredients

- 1 cup cooked brown rice
- 1/4 cup kale, shredded (or any seasonal leafy greens)
- 1/4 cup carrots, grated
- 1 Tablespoon green onion
- 3 sprigs cilantro, finely chopped (optional)
- 1/4 cup Honey Soy Dressing

Instructions for Adults

Supervise and help where needed.

Instructions for Kids

- Use plastic knives or hands to tear kale, green onion, and cilantro into small pieces. Place in a small bowl.
- Use a box grater to shred carrots and add them to the other vegetables.
- In a large bowl, mix the rice and all the veggies.
- Add Honey Soy Dressing and mix to combine.
- Serve and enjoy!

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Honey Soy Dressing Recipe

Yield: 1 1/4 cups salad dressing



Ingredients

- 1/2 cup canola oil
- 1/4 cup sesame oil
- 1/4 cup rice vinegar
- 1/4 cup soy sauce
- 2 Tablespoons honey

Instructions for Adults

Help kids measure recipe ingredients.

Instructions for Kids

- Measure ingredients and add them all to a jar. Screw the lid on tightly. Shake until combined, about 30 seconds or more.
- You can store any extra dressing in the fridge. It will keep for a few weeks.

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