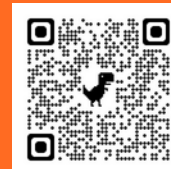


"Nibble with Willow" at Home



Goal: Explore ways to eat leafy greens like kale in family meals.

RECIPE: Kale Salad

Activities to do with your child:

- Follow the strategies of our handout: **"Preschool Kitchen Helpers."**
- "Shop for leafy greens together: spinach, kale, collards or Swiss chard.
- Wash the leafy greens together.
- Make a salad together with leafy greens.
- Watch [Fall Is Here, But Where Is Willow?](#) YouTube video.

Nurture Your Child's Curiosity for Food:

- Compare the kale and lemon.
- Which one is yellow?
- Which one is green?
- Which one is heavier/lighter?
- How do they feel? Which one is bumpier? Harder? Which one is soft and flexible?
- Say "1,2,3 Nibble!" and then taste the new food together

TIPS FOR PARENTS

Invite your child to the Kitchen

- Cooking together exposes your child to a world of aromas, sounds, and tastes, to increase their enjoyment of healthy foods.

Prepare for Family Cooking!

- Keep a chair or step stool for young helpers to reach the counter or the stove.
- Remove any sharp knives or other tools not in use.

Cooking with Little Helpers

- Follow our guidelines in the handout **'Preschool Kitchen Helpers'**



KALE SALAD

INGREDIENTS

- 1 bunch** Kale
- 1** Lemon
- 3 tablespoons** Olive Oil
- Coarse Sea Salt, to taste
- 1 2-inch piece** Parmesan Cheese or 1/4 cup pre-grated cheese
- Optional:** 1/3 cup of whole, unsalted Almonds

- 1 ADULT** SLICE the kale leaves into very, very thin ribbons and PLACE in the bowl.
- 2 ADULT & CHILD** CUT the lemon in half and remove seeds. Help SQUEEZE the juice from the lemon into the bowl.
- 3 CHILD** Help MEASURE and DRIZZLE the olive oil over the salad. MIX well.
- 4 ADULT & CHILD** SEASON to taste with salt.
- 5 ADULT & CHILD** TOSS the ingredients very thoroughly. (Children can use clean hands for this!)
- 6 ADULT & CHILD** Help GRATE the cheese finely over the top of the salad and SERVE. (Note: if you prefer the kale leaves more tender and more absorption of the dressing, allow salad to sit for 30-60 minutes before serving) NIBBLE and ENJOY!
- 7 ADULT & CHILD** **Optional:** Help MEASURE the almonds and adult CHOPS them. ADD to the bowl.



Prep Time: 10 minutes
Makes 6-8 portions