

Big Sky Family Cooking Night - **October** Montana Harvest of the Month: **Kale**

Kale Salad Wraps - serves 4 to 6

Ingredients:

1 bunch	Kale, stemmed and sliced into thin ribbons
3	Carrots, grated or 1 cup carrot matchsticks
3 ribs	Celery, chopped
1/4 cup	Dried cranberries or golden raisins
1 cup	Cooked quinoa or rice
1/4 cup	Pumpkin seeds
1/4 cup	Maple cider vinaigrette, recipe follows
1/4 cup	Cooked Bacon crumbles *optional
4-6	Tortillas of your choice.
to taste	Salt and pepper

Methods:

In a bowl, mix together the kale, carrots, celery, cranberries, quinoa, pumpkin seeds, dressing and bacon crumbles (*if using). Instead of bacon try cooked and chopped chicken, chopped boiled egg or tofu.

Season with additional salt and pepper to taste.

Place some of your salad into the center of your tortilla and roll it up.

Enjoy

Maple Cider Vinaigrette

Ingredients:

1/3 cup	Apple cider vinegar
2 Tablespoons	pure Maple syrup
2 teaspoons	Dijon mustard
1/4 teaspoon	Thyme leaves
1/4 teaspoon	Salt
1/4 teaspoon	Ground black pepper
2/3 cup	Olive oil

Methods:

In a bowl, whisk together the vinegar, maple syrup, mustard, thyme, salt and pepper.

While whisking, slowly drizzle in the oil until completely incorporated into dressing.

