

Let's Get Cooking! / ¡vamos a cocinar!

RECIPE CONTEST 2024 / CONCURSO DE RECETA

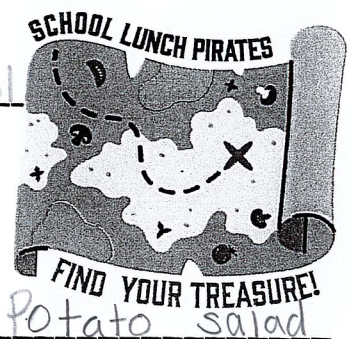


Student Name / Nombre del Estudiante: Jade Sonico

Teacher's Name / Nombre del Profesor: Mrs. Chung

School Name / Nombre de Escuela: Aliso Viejo Middle School

Grade Level / Nivel del Grado: 7



Recipe Title / Título de Receta: fall Sweet potato salad

Ingredient List / Lista de ingredientes:

Ingredients:

5 oz kale
3 sweet potatoes
1 honeycrisp apple
1/4 cup almond slices
8 tablespoons olive oil
6 tablespoons dressing
2 tablespoons to coat sweet potatoes
3 Tbsp fresh squeezed lemon juice
salt & pepper

- 5 oz Kale
- 3 Sweet potatoes, peeled and cubed
- 1 Honeycrisp Apple, thinly sliced
- 1/4 cup Almond Slices
- 8 tablespoons Olive Oil
 - 6 tablespoons for dressing
 - 2 tablespoons to coat sweet potatoes
- 3 Tbsp Fresh squeezed Lemon Juice
- Salt & Pepper

Instructions / Instrucciones:

1. Toss cubed sweet potatoes in olive oil and salt and pepper. Then roast in the oven at 425 for 30 minutes.
2. Mix 6 Tbsp olive oil with 3 Tbsp lemon juice and dash of salt in a dressing container. Shake well until mixed.
3. Pour about 1/2 to 3/4 of the dressing over the Kale and massage the dressing into the kale for a few minutes.
4. Add the sweet potatoes, apple slices, and almond slices to the kale that has been massaged in dressing.
5. Drizzle additional dressing over the top if desired.
6. Serve and enjoy!

Serves / Porciones: 4

How much it serves 6-8

Photograph or drawing of the completed dish/fotografía o dibujo del plato completo



Brief Paragraph of the Recipe's Story (who taught you how to make it, how you came up with the recipe, why you like it, family history, etc.) / Breve párrafo de la historia de la receta (quién te enseñó cómo hacerlo, cómo se te ocurrió la receta, por qué te gusta, historia familiar, etc.)

-Are you having fall cravings? This salad will do the trick. It is a thanksgiving tradition for my mom to make this salad as part of our thanksgiving feast. However, it doesn't stop there. This salad is so delicious we eat it several times throughout the fall and winter, so I asked my mom to teach me how she makes it. My favorite things about this salad are how well the flavors and textures mix together. With this recipe you get sweet and juicy from the apples, zingy citrus from the dressing, a tad bitter and crunch from the kale and the deliciousness of almond slices and crisp sweet potatoes. It works together well and satisfies those fall food cravings.

RECIPE MUST BE SUBMITTED BY 10/18/24 / LA RECETA DEBE ENVIARSE ANTES DEL 10/18/24

Entries may be submitted in one of the following manners / Las entradas se pueden enviar de una de las siguientes maneras:

1. Submit to teachers or cafeteria staff, who will forward entries to Food & Nutrition Services, ATTN: Recipe Contest, Shannon Illingworth / Envíelo a los maestros o al personal de la cafetería, quienes enviarán las entradas a los Servicios de Alimentos y Nutrición, ATTN: Recipe Contest, Shannon Illingworth
2. Mail to / Envíe a 32972 Calle Perfecto San Juan Capistrano, CA 92675