



List of Supplies Needed

Brown Rice & Kale Salad Recipe

General

- Recipe

Cooking

- Mixing bowl
- Tongs
- Grater
- Cutting board or cutting mat

Food & Produce

Brown Rice & Kale Salad

- Brown rice, cooked
- Kale (or seasonal leafy greens)
- Carrots
- Green onion
- Cilantro

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

- Plastic or butter knife
- Measuring cups & measuring spoons
- Wooden spoon
- Food chopper

Honey Soy Dressing

- Canola oil
- Sesame oil
- Rice vinegar
- Soy sauce
- Honey

