

March Harvest of the Month: Kale

Recipe: Green Egg & Ham Pop for Dr. Seuss Day (Elem, K-5)

Source: Virginia Department of Education/ Staunton City Public Schools

Group: Breakfast

Number of Portions: 24

Size of Portion: 1 stick each

Serving tool: Gloved hands, paper cake pop stick

Meal Component Contribution: 2 MMA, 1/4 cup other

HACCP Process: No Cook, Same Day Service

EGGS, LARGE, PRE-COOKED, PEELED	24	<ol style="list-style-type: none">1. Wash your hands. Use disposable gloves.2. Wash kale, destem, and break large kale leaves in half. Drain in colander and spin dry. Wash and slice cucumber into 1/4 inch-thick rounds. Wash cherry tomatoes and drain in colander.3. Lay out pan liner on standard sheet tray (26 in x 18 in).4. Cut ham into slices 1.22 oz thick.5. Take one peeled boiled egg and place on top end of cake stick. Do not pierce through.6. Roll one slice of ham in a single spiral and fold in half. Add to stick under the egg.7. Fold kale to create ruffling and slide on stick.8. Add cherry tomato and finish with cucumber slice for the base.<ul style="list-style-type: none">• CCP: hold at 41°F or lower until served.
HAM, DELI	1.83 LB	
KALE, WASHED, DESTEMMED (APPROX. 24 MED LEAVES)	1.25 LB	
CHERRY TOMATOES	24	
CUCUMBER, SEEDLESS	1 8- INCH	

Nutrients are based upon 1 portion size (1 pop)

Calories: 140	Cholesterol: 202.06 mg*	Sugars: 2.60 g*	Calcium: 83.64 mg	41.71% calories from total fat
Total Fat: 6.50 g*	Sodium: 457.06 mg	Protein: 14.67 g	Iron: 1.68 mg	12.19 % calories from saturated fat
Saturated Fat: 1.90 g	Carbohydrates: 5.73 g	Vitamin A: 3331.88 IU	Water: 113.69 g*	0.04 % calories from trans fat*
Trans Fat: 0.01 g*	Dietary Fiber: 1.61 g	Vitamin C: 37.46 mg	Ash: 2.57 g*	16.35 % calories from carbohydrates
				41.88% calories from protein

*denotes combined nutrient totals with either missing or incomplete nutrient data

Notes: This recipe is a healthy twist to accompany Dr. Seuss' famous children's book, *Green Eggs and Ham*. National Education Association celebrates Dr. Seuss Day on March 2 each year, Dr. Seuss' birthday. Student-grown kale would work well for this recipe, as it does not require a large quantity of kale and it is very visible on the stick.

Kale overwinters well in Virginia. Plant it in your school garden in fall and cover with row cover until snow for an early season crop.

Optional: Stain eggs with turmeric bath for added color. Use 2 cups water, 1 Tbsp ground turmeric, 1 Tbsp vinegar, 1 tsp salt. Simmer water and turmeric for 30 min, cool, strain, add salt and vinegar, then place peeled eggs in dye for 30 mins for a light shade of yellow.