



"DID YOU GET MY GOOD SIDE?"

Plating food isn't something to fuss with all the time, but when holding a special gathering or event, try these tips to help make your dish shine!

-Choose a unique plate, platter or tray. If you're serving multiple items, try layering contrasting dishes.

-Garnish with cut herbs, citrus slices or even a sprinkle of spices or dried herbs.

-Depending on the dish, experiment with making the recipe in one dish then transferring to a serving dish for a cleaning presentation.

-Alter how you chop produce items, in size and shape, to achieve a different look. Try chopping, half moons, slice ribbons with a potato peeler, or get fancy with a spiralizer!

-Pay attention to color and aim for a nice palette! Go with contrast with red bell peppers and snap peas, create a plate with complimentary colors featuring blueberries, red grapes and chopped mango, or try monochromatic with a broccoli kale and kiwi salad.

KALE SALAD WITH AVOCADO, QUINOA AND MANGO

1 head of kale ribs removed, chopped finely
1 mango, cubed
1/2 red onion, diced small
1/2 c almonds, pepitas, or sunflower seeds, lightly toasted
1 large avocado, diced
1 c feta cheese, crumbled
1 c quinoa, cooked

Dressing

1 orange, zest and juice
1 garlic clove, minced
1 tsp Dijon mustard
2 tsp honey
1/3 c olive oil

INSTRUCTIONS

In a large bowl, massage kale with hands for a couple minutes, until fragrant and begins to wilt. Add mango, feta, onion, nuts/seeds, cooked quinoa. Whisk dressing ingredients in a small bowl. Toss with salad. Last, gently fold in the avocado.

Adapted from www.whatagirleats.com