

## CRUCIFEROUS, APPLE, AND PARMESAN SALAD

*This is a crunchy and colorful salad with an additional flavor boost from the apples and parmesan cheese.*

SERVES 50 ADULTS

### INGREDIENTS

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2 heads romaine, washed, cut into 2-inch pieces  
1 bunch kale, stems removed, cut into 1-inch pieces  
6 apples, cored and sliced, put into lemon water if not using immediately  
4 lb. red cabbage, finely shredded  
2 cups grated parmesan

### DIRECTIONS

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1. Place all vegetables in a large bowl and toss with parmesan and dressing of choice.