

Chicken Caesar Kale Wraps & Roasted Brussels Sprouts

Adapted from [The Girl on Bloor](#) & [Lil Luna](#)

Wrap

- 1 bunch of **kale**, stems removed and leaves torn into bite size pieces
- 2 **carrots** shredded
- 1 **red onion** sliced
- 3 chicken breasts, boneless (or more!)
- wraps** cooked as per package

Caesar Dressing

- 1 cup mayo
- ½ cup parmesan cheese
- 2 tbsp lemon juice
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 3 cloves of **garlic** minced
- ½ tsp of each salt and pepper

Brussels Sprouts

- 2 lbs of **Brussels sprouts**, ends trimmed and halved
- ¼ cup olive oil
- 1 tsp each salt and pepper
- 2 cloves of **garlic** minced



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1. Add all Caesar dressing ingredients to a blender or food processor (or stir with a fork) and blend until well combined. Place in the fridge.
2. Cook the chicken in a large pot of boiling water for 15 min. Let cool and shred apart with two forks.
3. Combine kale, carrots, onion and chicken in a large bowl. Add your preferred amount of dressing and toss well.
4. Place the salad in your scrumptious wrap and enjoy!

1. Preheat oven to 400° F
2. Place trimmed Brussels sprouts, olive oil, garlic, salt, and pepper in a large bag (or bowl). Seal and shake to coat.
3. Pour onto lightly greased baking sheet and cook for 20-30 minutes (depending on how crispy you like them).

For extra flavour sprinkle some parmesan cheese or sea salt on them once done.

Did you know kale and Brussels sprouts (along with broccoli, cauliflower, cabbage and some others) all originated from the same plant?! *Brassica oleraceais*, a mustard plant, was utilized by famers for years, and with selection processes created multiple different veggies. Thanks Bras O!

#localfoodclub

Welcome to the October Local Food Club! What a great opportunity to enjoy the fall harvest vegetables and fruit grown right in our backyard. As our world is constantly changing, we have been able to see Canadians' interest and curiosity in local food increase. As the love of local food grows, we are excited to take a larger, more diverse group of community members and school communities alike on this journey with us!

This LFC we have used recipes that will combine favourite flavours with deliciously fresh ingredients. There was no way we could not include **Lennox Farm's** famous Brussels sprouts as the feature item for our side dish. To make the heart of our salad mixture, **Fiddle Foot Farm** championed with their crunchy and fresh kale. **Am Braigh Farm** added colour and crunch to the salad portion by providing both carrots and red onion. To give both the dressing and Brussels sprouts the flavour we all love, we used garlic from **Rock Garden Farms**. Now to wrap it all up (figuratively and literally), we were pleased to have **Alba Lisa's** famous tortillas as our grain! Finally, what's the point of having a local October menu, without some juicy apples from **Dixie Orchards**? Make a crumble, bake them with cinnamon or sugar, or just eat them as they are – they are for you to enjoy! Want to make it vegetarian? Use a can of chickpeas instead of chicken!

We love feedback; it helps us learn, grow and plan for YOU! Together, we are a community of foodies working to support the local food system! You can find HFFA on Twitter, Instagram and Facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it. Keep on letting us know how we are doing and don't hesitate to share your ideas for future LFC and ingredients.

Keeping the whole family involved for these two recipes is easy. Younger household members can help wash vegetables, shred carrots, cut kale (supervised), mix Caesar dressing ingredients and coat the Brussels sprouts. Remember to show less experienced chefs a dry measuring cup versus a wet measuring cup, and the difference between a tablespoon and teaspoon (we all have made that mistake once or twice). Teaching kids measuring ingredients is a life-long skill, and a fun way to bring math into the kitchen.

From the LFC Test Kitchen

How you cook your Brussels sprouts is just as important as how you flavour them. The key is high heat to avoid the oh-so-mushy effects.

475°F: 15-20 mins (extra crispy)
 425°F: 30-35 mins (crispy out, less tender in)
 400°F: 30-40 mins (crispy out, tender in)
 375°F: 20-25 minutes (caramelized and tender)

A+

Nutrition Report

These recipes are luscious with different vitamins and lots of fibre. The Brussels sprouts give a boost of Vitamin C and Vitamin K. Kale brings a mouthful of Vitamin A and Vitamin K. Dark green (especially leafy) vegetables are often rich in Vitamin K. Vitamin K helps with healthy blood clotting and bone health.

this month's local food is from...

Am Braigh Farm
www.ambraighfarm.com

Fiddle Foot Farm
fiddlefootfarm.com

Lennox Farm
lennoxfarm.ca

Dixie Orchards
www.dixieorchards.com

Rock Garden Farms
www.rockgardenfarms.ca

Alba Lisa
www.albalisa.ca

