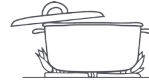


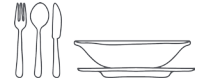
KALE CAESAR



PREP TIME: 25 MIN



COOK TIME: 0



SERVES: 10



EQUIPMENT

HIGH SPEED BLENDER | LEMON JUICER | SALAD SPINNER | MANDOLIN OR CHEF KNIFE

INGREDIENTS

CAESAR DRESSING:

- 2 c raw cashews (soaked, rinsed and drained)
- 6 cloves garlic
- 1 c water (or stock)
- 1/2 c lemon juice
- 1/4 c olive oil
- 1/4 c red wine vinegar
- 2 Tbsp capers
- 1/2 tsp caper brine
- 1 Tbsp Dijon
- 4 tsp nutritional yeast
- 2 tsp tamari
- 2 tsp pepper
- 1-1/2 tsp salt

CAESAR SALAD:

- 1 bunch kale, chopped
- 2 heads romaine, chopped
- arugula
- shallots
- radish
- 1 batch Sunflower Seed Parm (see recipe)

METHOD

CAESAR DRESSING:

1. Peel and mince garlic.
2. Combine all ingredients in a blender and puree until smooth.
3. Taste the dressing and add more salt, pepper or lemon juice as desired.
4. Pour mixture into a container with a lid.

CAESAR SALAD:

1. De-stem kale and roughly chop. Put into the bottom of a salad spinner and cover with cold water. Let soak for 5 minutes. Drain the water from the spinner bowl and spin the kale dry. Remove from the bowl and set aside. Repeat this step for the romaine.
2. Cut or shave your radishes and shallots into circles/rings on your mandolin or with your chef knife and place them in a bowl and cover with cold water for 10 minutes. The cold water will take the bite out of the shallots and make them and the radishes crispy. Hint: A mandolin is really handy here.
3. Drain the water off of the radishes and shallots and combine them in a serving bowl with the kale, romaine and arugula. Toss them with the Caesar dressing and top the salad with the sunflower seed parm.

Caesar Dressing will keep in the fridge for up to 2 weeks.

Radishes and shallots will keep in cold water for 3-4 days.

NUTRITIONAL FACTS

Serving Size		1 Serving	
Amount Per Serving			% Daily Value*
Calories		275.8 kcal	14 %
Total Fat		20.1 g	31 %
Saturated Fat	2.3 g		11 %
Trans Fat	0 g		
Cholesterol		0 mg	0 %
Sodium		378.7 mg	16 %
Total Carbohydrate		16.6 g	6 %
Dietary Fiber	6.7 g		27 %
Sugars	4.3 g		
Protein		11.5 g	23 %
Vitamin A	261 %	Vitamin C	53 %
Calcium	13 %	Iron	22 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Note: Nutritional info is a rough estimate only.

notes
