



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Kale Caesar!

Ingredients:

Salad

- 8-10 cups chopped kale
- ¼ cup shredded parmesan cheese
- ½ cup whole wheat bread crumbs

Dressing

- ¼ cup olive oil
- ¼ cup lemon juice
- 2 cloves of garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

1. In a large bowl, combine kale, parmesan, and bread crumbs.
2. In a separate, small bowl, combine oil, lemon juice, garlic, salt and pepper.
3. Drizzle dressing over salad then use your hands to mix and massage the kale.
4. Cover and refrigerate for at least 30 minutes before serving to allow dressing to soften the kale.

Serves 8

*130 calories, 9 g fat, 1.5 g saturated fat,
11 g carbohydrate, 2 g fiber, 5 g protein,
190 mg sodium*

Source: Linus Pauling Institute

