

## Kale Cesar Salad



### INGREDIENTS:

1 pound kale  
1 tablespoon extra-virgin olive oil  
1 tablespoon lemon juice  
Caesar dressing  
Grilled chicken (optional)  
Croutons (optional)

### DRESSING:

3 tablespoons lemon juice  
3 tablespoons extra virgin olive oil  
1 teaspoon Dijon mustard  
1 teaspoon Worcestershire sauce  
½ teaspoon black pepper  
¼ cup Parmesan, shredded  
2 cloves garlic, minced  
¾ cup mayo OR plain Greek yogurt OR one egg yolk, whisked

### DIRECTIONS:

1. Rinse kale and allow to dry. Remove leaves from stems and using hands or kitchen scissors, cut into bite-sized pieces. Place in a large bowl.
2. Add 1 tablespoon olive oil and 1 tablespoon of lemon juice. Using your hands, massage oil and lemon juice into kale for one minute. This softens the leaves and the bitter taste.
3. For the dressing, combine all ingredients in a blender or food processor. Blend for 30 seconds or until smooth. This dressing will stay fresh for up to five days if refrigerated.

*Source: dontwastethecrumbs.com*

