
Kale Caesar Salad

Description

Suggested Beverage Pairing:

La Crema Sonoma Chardonnay

Total time: 20 min Yield: 4 Servings

Ingredients

- 1 cup whole wheat bread (diced)
- 1 1/2 tsp extra virgin olive oil
- 1 pinch Italian seasoning
- 3 clove garlic (large, skin removed)
- 1/2 pkg tofu (firm or medium firm)
- 6 Tbsp parmesan cheese (grated, divided)
- 2 Tbsp mayonnaise
- 3 Tbsp fresh squeezed lemon juice
- 1 Tbsp Dijon mustard
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Thai or Vietnamese fish sauce or 3 anchovy fillets
- 1/2 tsp pepper
- 1/2 tsp garlic salt (optional)
- 1 head romaine lettuce (large)
- 1 bunch kale

Prep Time: 20 min Total Time: 20 min

Instructions

Preheat oven or a toaster oven to 350°F. Toss the diced bread with the olive oil; then add a pinch of Italian seasoning and bake for 12 to 15 minutes or until golden brown.

To make the dressing, add the garlic cloves to a blender and process until finely minced. Then add the tofu, 4 tbsp. Parmesan cheese, mayonnaise, lemon juice, Dijon mustard, Worcestershire sauce, fish sauce or anchovies, pepper and optional garlic salt. Process until well combined.

Wash the romaine and kale thoroughly; pat dry or use a salad spinner. Cut the entire romaine leaf into large, bite size pieces. For the kale, remove the tough inner spine and then finely slice the leaves into tender, ¼ inch slivers. Place the greens into a large salad bowl and toss to mix. Drizzle some dressing over the greens and toss. TIP: It's always better to start with less dressing - you can always add more.

Top with some croutons and remaining Parmesan cheese and enjoy. For a heartier, main dish salad, add fully cooked, boneless, skinless chicken breast or fish.

Recipe brought to you by:

Chef Michi Holland