
Caesar Salad with Baby Kale, Romaine & Brussels Sprouts

Description

Chef's Tip: To shave your Brussels sprouts, first wash and dry them. Hold the whole sprout by its stem and cut crosswise into very thin slices.

Total time: 20 min Yield: 10 servings

Ingredients

4 oz anchovies (in olive oil)
4 clove garlic (large)
1/2 cup Parmesan cheese (shredded)
2 Tbsp Worcestershire sauce
3 Tbsp water
2 Tbsp Dijon mustard
1 Tbsp red wine vinegar
1 tsp Tabasco
1/2 tsp salt
1/4 tsp pepper
1/2 cup olive oil
5 oz baby kale (washed)
2 large heads romaine lettuce (washed, cut into 1" pieces)
3 cup Brussels sprouts (shaved)
1 cup Parmesan cheese (shaved)
4 1/2 oz bag croutons

Prep Time: 20 min Total Time: 20 min

Instructions

In a blender, combine the anchovies, garlic, shredded Parmesan cheese, Worcestershire sauce, water, mustard, vinegar, Tabasco, salt and pepper and blend on medium until smooth. Once smooth, slowly add in the olive oil and blend until emulsified and creamy. Makes 1½ cups.

In a large bowl, toss the baby kale, romaine and Brussels sprouts; portion into individual bowls. Add desired amount of dressing, shaved Parmesan cheese and croutons. Enjoy as a side dish or light lunch. To make it a complete meal, top your salad with shredded, store-bought rotisserie chicken or grill up some fresh shrimp!

Recipe brought to you by:

