

Kale Caesar!

This tasty spin on a classic salad is chock full of vitamins and minerals!

Serves 8



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

Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe About 8

Amount Per Serving

Calories 130 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 2g **8%**

 Sugars 0g

Protein 5g

Vitamin A 130% • Vitamin C 140%

Calcium 15% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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.

