Kale Caesar!

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

Ingredients

Salad
• 8 cups chopped kale
• ¼ cup shredded parmesan cheese
• ½ cup whole wheat bread crumbs

Dressing
• ¼ cup oil (canola or olive)
• ¼ cup fresh lemon juice
• 2 cloves of garlic, minced
• ¼ teaspoon salt
• ¼ teaspoon pepper

Nutrition Facts

Serves 8

Directions

1. Massage chopped kale leaves well.
2. Place all salad ingredients in large bowl. Toss to mix.
3. Measure all dressing ingredients into small bowl and whisk together.
4. Drizzle dressing over salad and toss well to evenly coat salad.
5. Cover and refrigerate for at least 30 minutes before serving to allow dressing to soften the kale.

Please note: nutritional values are approximate.

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