

# 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.

