

Kale Caesar Salad (serves 2, or 4 as a side)

INGREDIENTS:

- 2 tsp lemon juice
- 2 tsp Dijon mustard
- 3 Tbsp olive oil
- Salt and pepper, to taste
- 1 large bunch of kale
- 2 carrots (shredded)
- Freshly grated Romano cheese

OPTIONAL ADDITIONS:

- 1 clove garlic, grated
- 1 anchovy fillet, chopped
- Croutons

DIRECTIONS:

- 1) In a large mixing bowl, add lemon juice, mustard, and garlic and anchovy (optional). Whisk briskly until the dressing is light and frothy. Slowly add the olive oil, whisking the whole time. Add salt and pepper, to your taste.
- 2) Remove the large stem from the center of the kale leaves. Chop the leaves in half lengthwise, then cut into thin ribbons. This method disguises the kale's tough texture.
- 3) Toss the kale in the bowl to coat it with dressing. Set it aside for 10 minutes or leave it in the fridge for up to 4 hours. The kale will become tender as it marinates.
- 4) Before serving, toss in a sprinkling (or more!) of Romano cheese, according to your taste.

The
Farm

Saint Joseph Mercy Health System

You will love this
delicious Fall salad
featuring kale and
carrots from the Farm!

NUTRITION BY THE NUMBERS (per serving):

Calories: 130 kilocalories

Fat: 10 g

Protein: 2 g

Carbohydrates: 10 g

