

Kale Caesar Salad

Ingredients:

- Kale, 1 bunch
- Olive oil, ½ cup
- Garlic, 5 cloves pressed or minced
- Lemon juice, 1 tablespoon
- Worcestershire sauce, 2 teaspoons
- Dijon mustard, 1 teaspoon
- Pepper, to taste
- Other toppings as desired, 1/3 cup
(examples: shredded parmesan, croutons)

Method:

- Clean kale, remove stems and shred into bite-sized pieces.
- In a shaker bottle add all other ingredients. Shake to mix.
- Toss together dressing and kale. Add other toppings, if desired.

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