

FEATURED RECIPE

Ingredients:

For the Dressing:

- 1/2 cup cashews, soaked for at least 20 minutes
- 3 garlic cloves
- 2 Tbsp. Dijon mustard
- 3 Tbsp. red wine vinegar
- 1/2 cup grated parmesan cheese + extra to sprinkle on top
- 2 tsp. capers
- 2 Tbsp. lemon juice
- 1/3 cup flat-leaf parsley
- 1 tsp. fresh ground pepper
- 3/4 cup olive oil
- Salt to taste
- 1 large bunch kale (I like lacinato, but really any type works great)
- 1/2 cup breadcrumbs



Kale Caesar Salad // Serves 6

I know what you're thinking, 'kale Caesar'? But trust me, this nutrient packed salad has fooled more than one anti-kale friend of mine. The key to making this salad palatable is to use your hands and massage the chopped kale to gently break down the tough leaves. The capers in the dressing help to invite the traditional Caesar flavor usually from sardines, while the soaked cashews lend a subtle creaminess without interfering with the overall taste. Feel free to make your own bread crumbs (I like to toast sourdough with a drizzle of olive oil and then chop into crumbs) or buy some from the store. This salad stores well in the fridge for easy next day lunches, however if you plan on eating this the next day, add the bread crumbs per each serving or else they will become soggy overnight.

In a small bowl, cover cashews with water and soak for at least 20 minutes. In a food processor or blender, combine the cashews, garlic, Dijon, vinegar, parmesan, capers and lemon— blend until ingredients are a smooth paste. Add the parsley, olive oil, salt and pepper and blend again until combined.

Wash, de-rib and chop the kale into fine slivers and place into large bowl. Slowly, add the dressing to the kale while massaging it with your hands— this will ensure that the kale loses its toughness and the dressing is able to fully soak into the leaves. Continue to add dressing and mix until desired amount of dressing is used. Top with bread crumbs and freshly grated parmesan.



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