

KALE CAESAR SALAD

Ingredients

1 head lacinato kale, washed, de-stemmed and sliced into thin strips

$\frac{1}{4}$ C shredded parmesan cheese

$\frac{1}{4}$ C sliced almonds

Optional - sliced carrot or radish would be beautiful in this as well.

Dressing:

$\frac{3}{4}$ C olive oil

$\frac{1}{4}$ C 0% plain greek yogurt

1 TBS lemon juice

2 TBS dijon mustard

2 garlic cloves

a little bit of salt and pepper

Instructions

Combine all dressing ingredients in a blender, and blend until smooth. You can see this is an airtight jar in the fridge for more salads during the week.

Combine kale, parmesan and almonds in a bowl.

Start with about 3 TBS dressing, mix well and add more dressing if needed.