**KALE CAESAR SALAD**

*Adapted from Cooking Light*

**INGREDIENTS**

for the homemade croutons:
- 3 slices whole grain sandwich bread OR a small whole wheat baguette, cut into 3/4-inch cubes
- 1 Tablespoon extra-virgin olive oil
- 1 teaspoon finely chopped fresh or dried herbs, such as parsley, thyme, rosemary, oregano, cilantro, dill
- Salt and ground black pepper

for the dressing:
- 2 tablespoons hot water
- 2 tablespoons canola mayonnaise
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon capers, mashed to a paste (or you can do the same with anchovies)
- 1/4 teaspoon pepper
- 1 garlic clove, peeled and minced
- 2 tablespoons grated Parmesan cheese
- 5 ounces Lacinato kale (also known as Tuscan or dino kale)

**METHOD**

Preheat oven to 350°F. Line a large baking sheet with tinfoil.

Spread seasoned bread chunks out in a single layer on your lined baking sheet.

Bake, checking/tossing every few minutes, until golden brown and crisp, 10-15 minutes.

Set aside to let cool.

Combine hot water, canola mayo, olive oil, lemon juice, caper paste, pepper, and garlic in a bowl. Stir in Parmesan cheese.

Add kale, then toss. Top with croutons.