

# 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.