

# Kale Caesar Salad



## Nutrition Facts

Serving Size 1 Salad (155g)  
Serving Per Container: 1

Amount Per Serving  
**Calories 300**      Calories from Fat 200

% Daily Values\*

**Total Fat** 22g      **33%**

Saturated Fat 4g      **21%**

Trans Fat 0

Polyunsaturated Fat 2.5g

Monounsaturated Fat 8g

**Cholesterol** 15mg      **5%**

**Sodium** 390mg      **16%**

**Total Carbohydrate** 22g      **7%**

Dietary Fiber 3g      **14%**

Sugars less than 1 gram

**Protein** 9g

Vitamin A 4%      •      Vitamin C 0%

Calcium 10%      •      Iron 4%

Vitamin E 0%      •      Vitamin B6 0%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram  
Fat 9      •      Carbohydrates 4      •      Protein 4



Licking Memorial Hospital | Culinary Services

# Kale Caesar Salad

## Ingredients:

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- Extra virgin olive oil
- 4 cloves garlic, smashed
- 2 slices of day-old Italian bread, cut into 1/2-inch cubes
- 1/2 cup grated Parmesan cheese
- Zest and juice of 1 lemon
- 1 tablespoon Dijon mustard
- 2 to 3 anchovy fillets
- 2 shakes Worcestershire sauce
- Kosher salt
- 1 bunch of kale, tough stems removed, cut into ribbons

## Directions:

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Coat a large saute pan with olive oil. Toss in half the garlic and bring the pan to medium heat. Cook the garlic until it becomes golden and very aromatic, 2 to 3 minutes. Remove the garlic. Toss in the bread cubes and cook, stirring frequently, until they are golden, crisp, and have absorbed all the oil. Remove from the heat and reserve.

In a food processor bowl, combine the parmesan, lemon zest and juice, the remaining garlic, the Dijon, anchovies, and Worcestershire sauce. Puree until the mixture is smooth, 15 to 20 seconds. With the machine running, add 1/4 to 1/3 cup olive oil through the hole in the lid. Let the processor continue to run for another 10 to 15 seconds. Taste and season with salt if needed.

In a large bowl, toss the kale with the croutons and 2/3 of the dressing. Let the kale sit for 3 to 4 minutes to soften. Taste, add the remaining dressing, and adjust the seasoning if needed.