



KALE CAESAR SALAD

Caesar Dressing

- $\frac{3}{4}$ cup olive oil
- 2 garlic cloves
- $\frac{3}{4}$ cup homemade yogurt
- 1 tablespoon lemon juice
- 2 tablespoons Dijon mustard

Salad Ingredients

- 1 bunch of kale
- $\frac{1}{2}$ cup freshly grated parmesan cheese
- $\frac{1}{4}$ cup pine nuts

Optional: Handful of croutons

Directions:

Mix all dressing ingredients in blender. Wash kale well and cut into small pieces. Add cheese, pine nuts and about 6 tablespoons of Caesar Dressing. Toss and enjoy!

From Easy Healthy Kosher by Ariella Eltes
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