

Kale Caesar Salad	
Ingredients	Instructions
<ul style="list-style-type: none">• bunch kale, stems removed, leaves torn into bite-sized pieces• 1 head romaine lettuce, base removed, leaves torn into bite-sized pieces• 1 tsp olive oil• Caesar dressing (homemade or store-bought)• 1 cup croutons• 1/4 cup Parmesan, grated• ½ - 1 lemon, juiced• Lemon slices, for garnish (optional)• 1 cup roasted chickpeas (optional)• 1 avocado, diced (optional)• Salt and pepper, to taste	<ol style="list-style-type: none">1. Prep Kale: Remove stems and tear into bite-sized pieces. Place into a large salad bowl and drizzle with olive oil and sprinkle with salt. Massage kale until the leaves begin to soften and wilt.2. Toss: Tear the romaine lettuce into bite-sized pieces and add to the large salad bowl. Drizzle the romaine and kale with half the Caesar dressing and toss until all the leaves are evenly coated. Taste and adjust, add more dressing, some lemon juice and/or salt and pepper as needed, toss to perfection.3. Finish: Put into serving bowls and top as desired, with croutons, Parmesan, more dressing, roasted chickpeas, avocado, and a slice of lemon for garnish. Serve immediately while fresh.