

BC KALE CAESAR SALAD WITH CRAISINS



Yields:
4 to 6 Portions

INGREDIENTS

For the Dressing

½ cup	Mayonnaise
2	Garlic Cloves, minced
1 tbsp	Dijon Mustard
2 tsp	Worcestershire Sauce
2 tbsp	Lemon Juice
1 tbsp	Red Wine Vinegar
½ cup	Parmesan Cheese, shredded
1 tsp	Black Pepper, ground

For Salad

5 cups	Kale, loosely packed, washed and cut into bite sized pieces
½ cup	Craisins
½ cup	Crouton

DIRECTIONS

1. Combine all of the dressing ingredients into a large mixing bowl.
2. Add all the kale and gently toss until evenly coated.
3. Gently toss in craisins and croutons.
4. Serve immediately.

