

BC KALE CAESAR SALAD WITH TOASTED PANKO



INGREDIENTS

For the Salad

1-2 cloves	Garlic, minced	1-2 cloves
1/2 tsp	Coarse Salt	3 ml
1/2 tsp	Freshly ground Pepper	3 ml
1/2 lemon	Lemon, fresh juice	1/2 lemon
1 tsp	Dijon Mustard	5 ml
1/3 cup + 1 tbsp	Extra Virgin Olive Oil	100 ml
2 tbsp	Parmigino-Reggiano, fresh grated	30 ml
1 head	BC Kale, washed, dried, stems removed, cut into strips	1 head

For the bread crumbs

1 tbsp	Olive Oil	15 ml
1 tsp	BC Butter	5 ml
1/4 cup	Panko Breadcrumbs, toasted	60 ml
1/2 tsp	Coarse salt	3 ml
1/2 tsp	Freshly ground Pepper	3 ml

DIRECTIONS

1. For the Panko: In a large skillet, heat olive oil and butter over medium heat. Add breadcrumbs, salt and pepper; toss to coat. Cook until golden. Remove from the skillet and set aside.
2. For the Salad: Place the first five ingredients in a large bowl and whisk together using a dinner fork. While whisking, drizzle in olive oil and continue to whisk until emulsified. Add grated cheese; set aside.
3. Add kale to the bowl and toss well. Top with toasted panko crumbs and more grated Parmigiano-Reggiano if desired. Serve immediately.