

# KALE CAESAR SALAD



**DIFFICULTY**

**EASY**



**TIME**

**15 MIN**



**SERVES**

**4**

## INGREDIENTS FOR DRESSING

- 1 cup Organic Veganise
- 2 tbsp. Red Wine Vinegar
- 2 tbsp. Lemon Juice
- 1 tbsp. Vegan Worcestershire Sauce
- 1 tsp. Black Pepper
- 1 tsp. Dijon Mustard
- 1 tbsp. Garlic, chopped
- 1 tsp. Ground Pepper
- 1/3 cup Nutritional Yeast
- Salt, to taste

## DIRECTIONS FOR DRESSING

1. Combine all ingredients - adjust consistency with liquids.
2. Taste for seasoning.

## INGREDIENTS FOR SALAD

- 6 cups Kale Leaves (*remove stems from kale leaves and tear into "fork-friendly" pieces*)
- Zest of one Lemon
- 4 Green Onions, thinly sliced
- 1 cup Red Cabbage, shredded
- 2 Carrots, grated
- 1/3 - 1/4 cup Caesar Dressing
- 2 tbsp. Hemp or Pumpkin Seeds

## DIRECTIONS FOR SALAD

1. Combine kale, green onions, lemon zest, cabbage, carrots with dressing in a large bowl.
2. Divide into 4 portions.
3. Garnish with pumpkin or hemp seeds.

## NUTRITION FACTS PER SERVING

Calories: 127   Fat: 13g   Carbohydrates: 2g   Protein: 1g



CALIFORNIA SCHOOLS  
**VEBA**

Leslie Myers | Executive Foodie | VEBA Resource Center