



# MASSAGED KALE CAESAR SALAD

RECIPE FROM AMANDA LATVALA | SERVES 4

## SALAD

- 2 teaspoons extra virgin olive oil
- ½ cup breadcrumb, I like Panko style but any will work
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- 1 bunch kale, washed
- ¼ cup or more fresh grated parmesan or some other hard Italian cheese.
- 1 ripe avocado

## DRESSING

- ¼ cup extra virgin olive oil
- ½-1 whole lemon, juiced
- 1-2 teaspoons Dijon mustard
- 1 garlic clove, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons fresh grated parmesan cheese
- 1 tablespoon maple syrup
- ½ teaspoon Worcestershire sauce, optional
- ½ teaspoon anchovy paste, optional

Place a sauté pan on medium heat. In a small bowl mix olive oil, breadcrumb, garlic powder and salt. Add breadcrumb mixture to sauté pan and spread out evenly. Stir every 1-2 minutes until breadcrumb has turned a deep brown color, about 6 minutes total. Scrape toasted breadcrumb onto a plate and set aside to cool.

Remove kale leaf from tough stem (you can store the stems in the freezer and use in smoothies). Stack a few leaves on top of each other and slice into shreds, repeat until all leaves are chopped and place into large mixing bowl.

Combine all dressing ingredients into a pint mason jar. Put lid on jar and shake until well combined. Taste and adjust as needed.

Pour dressing over salad and massage dressing into kale. Do this by crushing kale in your hands repeatedly until volume of kale reduces to approximately ¼ the volume you started with. The kale will look almost cooked.

Next, half the avocado, remove seed, and scoop out the flesh and place into salad. Massage avocado into salad until well combined.

Place salad into serving bowl and top with fresh grated parmesan and toasted breadcrumb. Enjoy!

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