

# Vegan Kale Caesar Salad

Serves 5-6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Ingredients

- 1 bunch dinosaur kale, about 5 cups chopped
- 1-2 heads romaine lettuce, about 10 cups chopped

### Dressing:

- 1 cup raw cashews, soaked overnight
- ½ cup water
- ¼ cup extra virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 2 cloves garlic
- 1 tablespoon vegan\* worcestershire sauce
- 4 teaspoons capers
- 1 teaspoon salt or to taste
- ½ teaspoon black pepper

\*some brands contain anchovies

### Cheesy mix:

- ¼ cup raw cashews
- 2 tablespoons sesame seeds
- 1 tablespoon nutritional yeast (optional)
- 1 tablespoon extra virgin olive oil
- ½ teaspoon garlic powder
- Salt to taste

## Directions

1. To make the cheesy mix, pulse ¼ cup raw cashews in food processor until finely chopped. Add remaining cheesy mix ingredients and pulse until combined. Add salt to taste.
2. To make the dressing, add all dressing ingredients except salt to food processor and puree until very smooth. Add water as necessary to reach desired consistency. Add salt according to taste.
3. Combine kale and romaine with about half the dressing, toss, and add just enough dressing until salad is lightly coated. Sprinkle with cheesy mix and serve immediately.

## Substitution Notes:

- Salad greens: you can use other greens, or only romaine to make it more authentic
- Dressing: you can use a bottled dressing or other homemade recipe if you don't need it to be vegan.
- Cheesy mix: Use parmesan if you don't need it to be vegan/dairy-free.

Recipe from Cooking Well class: Winter Vegetables Made Easy, Fall 2015