

Kale Caesar Salad

Ingredients:

For the salad-

- 1 bunch curly green kale
- 1 head romaine lettuce

For the dressing-

- ½ cup raw cashews
- ¼ cup water
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard
- ½ teaspoon garlic powder
- 2 teaspoons capers
- ½ teaspoon salt
- Black pepper

Optional

Vegan parmesan topping-

- ¼ cup raw cashews
- 1 tablespoon sesame seeds
- 2 tablespoons hemp seeds
- 2 tablespoons nutritional yeast
- ¼ teaspoon salt
- 1 tablespoon olive oil

Other optional toppings: croutons, roasted chickpeas, baked tofu

Directions:

1. Wash and chop the romaine lettuce and kale. Combine in a large salad bowl.
2. Make the parmesan topping- pulse raw cashews in a high speed blender until finely powdered. Pour in to a small bowl.
3. Add the sesame seeds, hemp seeds, nutritional yeast and salt. Stir.
4. Stir in the olive oil until evenly moistened. Set the parmesan aside.
5. Make the dressing- combine all ingredients in a high speed blender and blend until smooth.
6. Pour the dressing over the salad and massage it in until all of the greens are thoroughly coated.
7. Top the salad with the parmesan and any other desired toppings, and serve.
8. Enjoy!