

Vegan Kale Caesar Salad

Serves 4

DRESSING INGREDIENTS

- 1.5 tbsp dijon mustard
- 1 tbsp hummus
- 3 cloves of minced garlic
- 1/4 cup of water
- 0.5 oz lemon juice (freshly squeezed)
- 2 tsp low sodium soy sauce
- 1 tbsp extra virgin olive oil
- 1/4 tsp cayenne pepper (optional)

SALAD INGREDIENTS

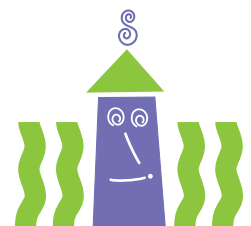
- 1 bunch of organic kale, washed and stems removed
- 1 head organic Romaine lettuce, washed and sliced into strips
- 1 avocado, sliced
- 1 cup whole grain croutons

RECIPE

1. Wash hands and make sure all equipment is clean.
2. Make the dressing: In a small bowl mix mustard, hummus and garlic then whisk in the water, lemon juice, soy sauce, olive oil and cayenne pepper, if you want some heat, until thoroughly combined.
3. Make the salad: Combine kale, romaine and croutons in a large bowl. Toss with dressing. Place into bowls and serve with sliced avocado.

KALE FUN FACTS

1. Kale comes from the same plant as broccoli, cabbage and brussel sprouts.
2. A serving of kale has more absorbable calcium than a small carton of milk.
3. Kale has become so popular that farming of kale has grown almost 60% between 2007 – 2015.
4. Unlike many vegetables, cooking kale doesn't diminish any of its nutritional benefits.



Stepping Stones Museum for Children