

Kale Caesar Salad

Recipe Yield: 96 Servings
 Serving Size: 1 Cup
 Category: Vegetable
 Credit: ½ Cup Green Leafy Vegetable
 ½ Ounce Whole Grain
 HACCP: Same Day Preparation

Highest Student
 Approval Rating:
 97%



SWP Item	Ingredient	As Purchased Weight
14000	Whole Wheat Bread	3 lbs.
19137	Olive Oil	6 Tbsp.
19230	Granulated Garlic	3 Tbsp.
	Kosher Salt	1 ½ Tbsp.

SWP Item	Ingredient	As Purchased Weight
19219	Pepper	2 ½ tsp.
	Romaine Lettuce	11 lbs.
	Kale	5 lbs.
10117	Parmesan Cheese	1 cup

Instructions

1. Wash produce as needed.
2. Make the [Caesar Dressing recipe](#) by blending all ingredients together using an immersion or regular blender.
3. Preheat oven to 375°F.
4. Medium dice the bread into cubes then toss with oil, garlic, salt, and pepper.
5. Toast bread on parchment-lined sheet pans in a 375°F oven for about 10-12 minutes or until the edges are slightly golden.
6. Trim and discard damaged outer leaves and root ends of kale and romaine lettuce.
7. Wash kale and lettuce in batches in cold water, gently agitating to remove dirt.
8. Lift kale and lettuce from the water and drain or spin dry thoroughly.
9. Chop romaine lettuce into large bite size pieces around 1 to 2 inches using a knife.
10. Tear kale leaves off the center ribs, then chop the kale leaves into bite size pieces and discard the center rib.
11. Combine romaine, kale, and parmesan cheese.
12. Toss the salad with the Caesar dressing.
13. Serve croutons on top of the salad, making sure to offer half a slice of bread's worth of croutons per serving.

Nutritional Information

Without Dressing:	Calories: 62 kcal	Total Fat: 1.914 g	Sat. Fat: 0.32 g	Trans Fat: 0.00 g
	Cholesterol: 0.775 mg	Sodium: 190.294 mg	Carbohydrates: 9.481 g	Dietary Fiber: 2.124 g
	Total Sugars: 1.671 g	Added Sugars: 0.926 g	Protein: 2.701 g	
With Dressing:	Calories: 91.961 kcal	Total Fat: 4.542 g	Sat. Fat: 0.984 g	Trans Fat: 0.00 g
	Cholesterol: 5.709 mg	Sodium: 299.601 mg	Carbohydrates: 10.228 g	Dietary Fiber: 2.140 g
	Total Sugars: 1.681 g	Added Sugars: 0.926 g	Protein: 3.383 g	

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