

Recipe

{DAIRY FREE} MASSAGED KALE CAESER

THE GOODS:

Serves 2

- 1 bunch of kale
- 1 egg yolk
- 1 tablespoon dijon mustard
- 1/4 cup extra virgin olive oil
- 1 teaspoon capers, *minced*
- 1 small garlic clove, *minced*
- 2 tablespoons lemon juice
- sea salt
- pepper
- optional: 1 slice of sourdough bread for croutons

THE METHOD:

Tear kale into pieces over a large bowl, omitting the fibrous center stem. Drizzle 1 tablespoon of the olive oil and 1 tablespoon of the lemon juice over the torn kale, season with salt. Massage this into the kale by squeezing handfuls of the kale into your palms to soften it for 2 - 3 minutes.

Mince the capers and garlic before whisk together with 1 egg yolk, Dijon mustard, remaining olive oil, and remaining lemon juice. Season to taste with sea salt and pepper.

Toast the sourdough bread if using, then dice into crouton-sized pieces.

Toss the dressing with the massaged kale, add homemade croutons if using, and enjoy.

Boulder Nutrition