

Kale and Radicchio Caesar Salad

Ingredients

- ¼ ounce anchovies (canned in olive oil), drained
- 3 tablespoons Parmesan cheese, grated
- 3 tablespoons red wine vinegar
- 2 teaspoons lemon juice
- 1 1/8 teaspoon ground mustard
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon hot sauce
- 1/8 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- ½ cup extra-virgin olive oil
- 1 bunch Lacinato kale, stems removed, leaves torn into 1-inch pieces
- 1 head radicchio, torn into 1-inch pieces
- ½ cup pumpkin seeds, lightly toasted (*see Note*)

Preparation

In a large bowl, whisk together the anchovies, Parmesan, red wine vinegar, lemon juice, ground mustard, Worcestershire sauce, hot sauce, salt, and pepper. Slowly drizzle in the oil, whisking constantly, until the dressing is emulsified. (Alternatively, use an immersion blender instead of a whisk.)

Place the kale and radicchio into the bowl with the dressing, and toss well until evenly coated. Divide evenly onto plates and top with the toasted pumpkin seeds.

Note: To toast pumpkin seeds, place onto a baking sheet and bake in a 350 degree F oven until fragrant and lightly toasted, stirring occasionally, for about 5 to 8 minutes.

Nutrition Facts

8 servings per container

Serving size about 2 cups

Amount per serving

Calories **200**

% Daily Value*

Total Fat 18g 23%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 180mg 8%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 97mg 8%

Iron 2mg 10%

Potassium 290mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.