



**Many Hands Organic Farm and  
Sustainability Center**  
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## Kale Caesar Salad

### Ingredients:

- 1 lb kale leaves (about 5 large stems)
- 3 Tablespoons olive oil
- $\frac{2}{3}$  cup mayonnaise
- 2 teaspoons Worcestershire sauce
- 2 Tablespoons lemon juice
- 2 cloves garlic
- $\frac{3}{4}$  cup grated Parmesan
- 6 anchovy filets (in olive oil)
- 2 green onions, chopped

### Directions

1. Strip rinsed kale leaves from stems and tear into bite sized pieces. Place in a large bowl.
2. Knead kale with olive oil for at least 2 minutes, until fibers are broken down and leaves take up about half of the original volume.
3. Add mayonnaise, Worcestershire sauce, lemon juice, garlic, Parmesan and anchovies to a blender or food processor. Blend until fully combined.
4. Toss dressing, kale and green onions together. Enjoy!