

Simple Kale Caesar Salad

Yield: 4-6 portions

- 1 large bunch curly kale, stems removed, shredded and washed
- 1-pound bacon, cooked and chopped
- 3-4T. shaved parmesan
- 2-3T. toasted breadcrumbs OR sunflower seeds

Dressing:

- 1 cup mayo
- 2T. Dijon mustard
- 1T. Worcestershire sauce
- 1 clove garlic, minced
- 1 lemon, juice only
- Salt and pepper

In a small bowl mix together the dressing ingredients and set aside. In a large bowl add the kale along with 3-4T. of the dressing. Sprinkle lightly with salt and pepper. Toss several times to combine. Place the kale into serving bowls. Top each one with a little parmesan cheese, breadcrumbs, and bacon.

Enjoy!

Baby Arugula with roasted carrots, baked chickpeas, cucumbers, tahini dressing & sunflower seeds

Yield: 4-6 portions

1 box baby arugula
1 can chickpeas, roasted
6-8 each, carrots roasted with cumin
1 cucumber, small diced
½ cup roasted sunflower seeds

Tahini Dressing:

¼ cup tahini
2-3T. lemon juice
1 garlic clove, minced
3-4T. water
2-3T. olive oil
Salt and pepper

In a small bowl add the tahini, lemon juice, minced garlic and water. Stir together and whisk in the olive oil slowly. Season with salt and pepper to taste, set aside.

In a large bowl add the arugula, cucumbers, 2-3T. dressing and salt & pepper. Toss several times. Place dressed salad into serving bowls. Top with chickpeas, carrots and sunflower seeds. Drizzle with more dressing if desired.

Mediterranean Lentil & Spinach Salad:

Yield: 4-6 portions

4-6 cups baby spinach
2 cups cooked and cooled French lentils
½ cup green olives, sliced
½ cup sun dried tomatoes, sliced
½ red onion, thinly sliced
½ cup toasted almonds
½ cup feta cheese

Lemon-Dijon Vinaigrette

3-4T. Dijon mustard
1 shallot, minced
1 lemon, zest and juice
1-2T. white wine vinegar
½ cup olive oil
Salt and pepper

In a small bowl, combine the Dijon mustard, shallot, vinegar, lemon zest and juice. Slowly whisk in the olive oil in a steady stream. Season with salt and pepper, and set aside.

In a separate large bowl add the lentils, olives, sun dried tomatoes, & red onions. Season lightly with salt and pepper. Add a few tablespoons of the dressing and stir to combine. Add

a few large handfuls of baby spinach and toss together. Top with toasted almonds & feta cheese. Enjoy!

Shredded Beet, Carrot, Apple & Cabbage Salad with dill, goat cheese & toasted walnuts

Yield: 4-6 portions

2-3 medium beets, peeled and shredded
4 large or 6 medium carrots, shredded
¼ red cabbage, shredded
2 honeycrisp apples, shredded
½ cup walnuts, toasted
½ cup goat cheese, crumbled

Apple Cider Vinaigrette:

2-3T. Dijon mustard
3-4T. apple cider vinaigrette
2T. honey
½ cup olive oil
Salt and pepper

In a medium bowl combine the Dijon mustard, apple cider vinaigrette, honey, salt and pepper. Slowly whisk in the olive oil in a steady stream. Set aside.

In a large bowl, add the beets, carrots, apples and cabbage. Season lightly with salt and pepper. Add 3-4T. of the dressing and toss to combine. Top the salad with goat cheese, dill and walnuts.

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- 3-4T. shaved parmesan
- 2-3T. toasted breadcrumbs OR sunflower seeds

Dressing:

- 1 cup mayo
- 2T. Dijon mustard
- 1T. Worcestershire sauce
- 1 clove garlic, minced
- 1 lemon, juice only
- Salt and pepper

In a small bowl mix together the dressing ingredients and set aside. In a large bowl add the kale along with 3-4T. of the dressing. Sprinkle lightly with salt and pepper. Toss several times to combine. Place the kale into serving bowls. Top each one with a little parmesan cheese, breadcrumbs, and bacon.

Enjoy!