



## Hail to the Kale, Caesar

### INGREDIENTS

(Makes 6-8 side servings or 4 main)

3 c red kale, finely chopped  
3 c green kale, finely chopped  
5 c romaine lettuce, chopped  
2 T shallots, fine dice  
2 T pumpkin seeds, roasted  
2 T sunflower seeds  
Shards of parm (the amount you desire)  
Pear, optional

### CROUTONS

4-6 thick slices of good crusty bread  
3 T butter, room temp softened  
1 T Bourbon  
1 t Crushed garlic  
Sea salt

### DRESSING

2/3 c Buttermilk  
1/2 c Greek yogurt  
1 T chives  
1 T parsley, chopped  
1/2 heaping tsp garlic, crushed  
1/2 t Mustard  
2-3 T Parmesan cheese, grated  
1/2 t lemon zest  
1 T lemon juice  
1/2 full tsp salt  
1/4 t pepper

### INSTRUCTIONS

1. Wash the kale and remove the ribs from the leaves. (These are way too hard to eat raw.) Then chop the kale leaves and lettuce in small pieces. I feel that this is an important step when using hearty kale. If the pieces are too large, they can be a bit rough and tough.
2. Small dice the shallots and shave the Parmesan cheese, setting it aside. Put all your greens and shallots in your bowl.
2. Meanwhile, combine all the above dressing ingredients, whisking until smooth.
3. Usually, I don't dress my salad until right before serving. However, due to the heartiness of the leaf, I consider this salad to be more like a slaw, which really demands time to let the dressing soak in. Lovingly pour it over the salad a 1/2 hour before serving, but hold off on adding the shards of parm until right before serving.
4. To make the croutons, in a bowl, mash together garlic, butter and bourbon.
5. Slather the mixture on both sides of the bread slices.
6. Sprinkle with sea salt and grill both sides until beautifully browned. I use a cast iron pan, which does the trick.