

Kale Salad with Avocado Caesar Dressing

The classic Caesar Salad gets a healthy makeover in this Whole30-friendly version made with kale, fresh veggies and hard-boiled egg.

🕒 Prep: 15 mins Total: 15 mins

👤 Servings: 2

1x

2x

3x

INGREDIENTS

For the Dressing

- 1/2 ripe avocado
- 1/4 cup Tessemae's Creamy Caesar Dressing
- Juice of 1/2 lemon

For the Salad

- 1 bunch kale (curly green kale works best), washed, dried and tough stems removed – about 4 cups
- 1 pinch sea salt
- 1/2 cup shredded carrots
- 1/4 cup thinly sliced red onion
- 1 cup cherry tomatoes, halved
- 1 hard boiled eggs, halved
- 2 Tbsp. sliced almonds

INSTRUCTIONS

1. Place avocado, dressing and lemon juice a food processor or blender (or just mash it all up with a fork and some elbow grease). Process until smooth. Set aside.
2. Tear kale leaves into small pieces and place in a large bowl. Sprinkle with a pinch of sea salt.
3. Using your hands, massage the kale leaves with the salt until the start to wilt and soften a bit.
4. Divide kale among two bowls. Add carrots, red onion, cherry tomato halves and eggs.
5. Drizzle with dressing and toss lightly to coat. Sprinkle with almonds and serve.

NOTES

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NUTRITION INFORMATION

Serving Size: 1/2 recipe **Calories:** 348 **Fat:** 24g **Sodium:** 358mg **Carbohydrate:** 26g
(**Fiber:** 10g **Sugar:** 8g) **Protein:** 15g

DIETARY

Dairy-Free **Gluten-free** **Grain-Free** **Paleo** **Vegetarian** **Whole30**

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