

Kale, Romaine, and Radicchio Caesar Salad

More nutritious with added kale. The dressing has less garlic than many other vegan Caesar recipes. A perfect combination of flavours.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 0 mins

Category: Salads and Dressings



Ingredients

Kale, raw	4 cups
Lettuce, romaine, or cos	4 cups
Scallions or spring onions, tops only, raw	4 stalks
Radicchio, raw	1 cup
Cashews, raw	1/2 cup
Pine nuts, pignolias	1/4 cup
Water	1/2 cup
Olive oil	2 tablespoons
Lemon juice, fresh	1 tablespoon
Dijon mustard	1.5 teaspoon
Garlic, fresh	1 clove
Garlic, powder	1/2 teaspoon
Vegan Worcestershire sauce	1 item
Capers	3 teaspoons
Salt, sea salt	1/4 teaspoon
Black pepper, ground	1/2 teaspoon
Dairy-free parmesan, parmesan	1/4 cup

Instructions

Soak the cashews and pine nuts in filtered water for 2 hours or overnight. Drain and rinse. Add cashews and pine nuts to blender along with other dressing ingredients - starting with cashews and ending with black pepper (including 1.5 tsp Worcestershire sauce). Mix until smooth. Add more water if necessary. Store in a glass jar. This recipe can also be made without pine nuts.

Wash, dry and cut kale, romaine, and radicchio into strips. Slice green onions and add to large bowl.

When ready add desired amount of salad and dressing in a separate bowl and stir to combine. No need to mix all the salad and dressing at the same time unless it is all being served. This way the salad remains fresher if being stored in the fridge. Add vegan parmesan cheese on top or enjoy as is.