

Romaine And Kale Caesar Salad

Spice up your Caesar salad by adding fresh kale and some spring onion. Dressing for the salad is found under "Vegan Caesar Dressing."

Categories

Gluten-free

Yields: 4 servings

Preparation time: 8 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Lettuce, romaine or cos	4 cup
Kale, raw	4 cup
Scallions or spring onions, tops and bulb, raw	5 medium - 4 1/8" long
Dairy-free parmesan, parmesan	1 x 1/4 cup

Instructions

1. Wash kale and romaine, dry and thinly slice. You will need enough to fill a large bowl approximately 4 loosely filled cups of each kale and romaine, for four servings. Use discretion depending on how big you want your servings.
2. Slice spring onion into small pieces and add to salad.
3. Make dressing according to recipe. Search "vegan Caesar dressing." If you want to serve the entire salad add desired amount of dressing and mix to coat lettuce and kale. If you do not want to serve entire salad, remove serving amount and place in smaller bowl, add dressing, and mix. Left over salad and dressing should be stored separately in the refrigerator.
4. Add vegan parmesan and a squeeze of fresh lemon.