

UNICOI PRESERVES

Kale Caesar Salad

Shopping List:

1 clove garlic, grated
2 Tbsp Laura Lynn capers, chopped
½ cup Laura Lynn Greek yogurt, full fat
1 Tbsp Laura Lynn Dijon mustard
Zest of 1 lemon
Juice of ½ lemon
2 Tbsp water
¼ cup grated Parmigiano-Reggiano cheese, plus additional for serving
Kosher salt and freshly ground black pepper
½ Ingles baguette, cubed (about 4 cups)
¼ cup Laura Lynn olive oil
8 ounces kale, center stalks removed, thinly sliced crosswise
Juice of half a lemon

Cooking Instructions:

Add garlic and capers to a small bowl and whisk in yogurt, mustard, lemon zest, juice, water and parmesan, season with salt and pepper. Cover and refrigerate at least 30 minutes to allow flavors to meld. Make the croutons: Preheat oven to 375 degrees. Toss cubed bread with olive oil, season with salt and freshly cracked pepper. Bake 10 minutes or until brown and crispy. Put kale in a large bowl; add juice of half a lemon, toss to coat, then massage juice into the kale. Let sit at room temperature 15 minutes. To serve, add some of the dressing, toss with croutons and finish with grated parmesan, salt and pepper. Serve with leftover dressing on the side, if desired.