



# Vegan Kale Caesar Salad

Serves 4

## Ingredients

- 2 bunches lacinato (or curly) kale, washed and sliced thin
- ¼ head red cabbage, cored and sliced thin
- ½ cup vegan Caesar dressing (see recipe below)
- Croutons and crispy chickpeas, for garnish (optional)

## Method

1. Place kale and cabbage in a large mixing bowl. Add dressing and massage with your (clean!) hands until lightly softened.
2. Garnish with croutons and crispy chickpeas, if desired.

## Vegan Caesar Dressing Ingredients

- 1 (10 oz) container Fresh from Meijer plain hummus
- 1 tablespoon Frederik's by Meijer coarse ground mustard
- Zest and juice of 2 lemons
- 1 (3.5 oz) jar Frederik's by Meijer capers, with brine
- 4 peeled garlic cloves
- ½ cup Meijer extra-virgin olive oil
- 2 tablespoons Frederik's by Meijer pure maple syrup
- Salt and freshly ground black pepper, to taste

## Vegan Caesar Dressing Method

1. Blend all ingredients in a high-speed blender until smooth. Transfer to an airtight container and store in the fridge for up to 1 week.