



Make LUNCH. Make CHANGE.

Make your lunch for one week and donate the money you saved to The Stop Community Food Centre.

Recipe: *Chicken Kale Caesar Wraps*

Ingredients:

- Cooked chicken (1 whole 4lb bird, or 6 thighs, or 4 breasts), meat pulled from bone
- 2 bunches kale, de-stemmed & thinly chopped
- 3 strips bacon, cooked & crumbled (optional)
- ½ cup pickled red onion
- 1 cup Caesar dressing
- 6 12-inch Wraps
- ½ cup parmesan cheese for garnish

Pickled Red Onion:

- 1 red onion, thinly-sliced with the grain
- ½ cup red wine vinegar
- 2 tsp white sugar
- A few mustard seeds, cloves, coriander seeds

Caesar Dressing:

- 2 egg yolks
- 2 cloves garlic
- 1 tbs Dijon mustard
- ¼ cup Apple cider vinegar
- 1 tbs capers chopped
- ¼ cup grated parmesan cheese
- 1 tsp fresh ginger
- 1 cup oil (olive, canola, grape seed)
- Salt & pepper to taste

Directions:

1. Pickled red onion: Combine spices, sugar, and vinegar in small pot and bring to boil. Place cut onions in small bowl and pour hot vinegar over them. Cover with plastic wrap and let cool.
2. Caesar dressing: Make in food processor or in a bowl with a whisk, or in an electric mixer. Begin by whipping egg yolk, mustard, and vinegar until just less than doubled in volume. Add capers, parmesan, ginger, garlic, and salt and pepper. While beating vigorously, drizzle the oil in very, very slowly, starting with a few drops at a time, until all oil is added and you have a nice mayonnaise consistency. Taste for seasoning and adjust as needed.
3. Drain onions, discarding pickling liquid, and toss with chicken, kale, bacon, parmesan, and dressing. Spoon 1/6th of salad onto each wrap and fold.

NOTE: For a vegetarian version, substitute marinated tofu for chicken.

- 1 block tofu cut into batons
- 1 tbs sesame oil
- ¼ cup soya sauce
- 1 tbs olive oil
- 1 clove garlic
- Combine & toss with tofu. Grill, fry, bbq or roast tofu.

Makes 6 12-inch wraps



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