



Make LUNCH. Make CHANGE.

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

Recipe: *Kale Caesar Salad with Leftover Chicken*

Ingredients:

Olive Caesar Dressing

(makes 1 cup):

- 2 garlic cloves
- 1 tbs soy sauce or tamari
- ¼ cup pitted Kalamata or green olives
- 2 tbs Dijon mustard
- ¼ cup parmesan cheese
- 2 tbs red wine vinegar
- 1 lemon, zest and juice
- 1 tbs honey
- Salt & pepper, to taste
- Handful of fresh parsley
- ½ cup olive oil

Salad:

- ½ bunch dinosaur kale (also called lacinato kale)
- Leftover cooked chicken, cut or shredded into small pieces

Other add-in options:

- Croutons, extra parmesan cheese, red onion or capers

Tip:

Make use of your leftovers. If you're roasting a chicken, make extra! Leftover chicken can turn a salad into a main course. Hearty greens, like kale and collards, are great for lunch salads because you can dress them ahead of time and they don't get soggy. Top a veggie Caesar salad with hard-boiled eggs or roasted chickpeas. This recipe makes you more Caesar dressing than you need, so save it for another day. It makes a great pasta salad, traditional romaine Caesar salad, or vegetable dip. The dressing will keep for a week in the fridge.

Directions:

1. Make dressing. Combine garlic, soy, olives, mustard, parmesan, vinegar, lemon juice and zest, honey, salt and pepper in a food processor or blender. Blend into a smooth paste. Add parsley and olive oil, and blend for a few more moments, just to combine. Taste to see if it needs more salt or honey.
2. Prepare salad. Strip leaves off kale, and cut leaves into thin ribbons. Toss with a few tablespoons of dressing, massaging the dressing into the leaves. Top with chicken and any other optional ingredients. (If using croutons, keep separate to prevent sogginess.)

Makes 1 large serving or 2 as a side dish



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