



## Sea Cave

## Caesar Salad

 Gluten-free, vegetarian

Serve this savory salad with smoked fish, cooked chicken breast, or sliced hard-boiled eggs—the perfect lunch on a hot day!

### Ingredients:

1 garlic bulb

1 bunch of kale, stems removed, finely chopped

¼ cup + 1 teaspoon olive oil

2 tablespoons lemon juice

1 tablespoon Dijon mustard

¼ teaspoon salt

¼ cup parmesan cheese, grated

1. Preheat the oven to 375°F.
2. Cut the top off of the garlic bulb to expose cloves.
3. Wrap garlic in aluminum foil and place in oven, roast until cloves are golden and very soft, about 1 hour.
4. Cool slightly, then unwrap and squeeze garlic flesh from husk.
5. Mix roasted garlic, 1/4 cup olive oil, lemon juice, mustard, and salt. This is your salad dressing.
6. Finely chop kale leaves and place in a large bowl.
7. Add 1 teaspoon of oil and massage leaves by hand to soften.
8. Add dressing and parmesan cheese to kale and toss. You may also top salad with smoked fish if you like.