

**COOKING WITH
LOCAL FOOD**



KALE CAESAR SALAD WITH PEPPERED JERKY

*Beef up your Caesar salad
with kale and healthier
peppered jerky instead
of bacon.*



KALE CAESAR SALAD WITH PEPPERED JERKY

- To make the dressing, add all the ingredients into a small mixing bowl and whisk together. Add 2-3 tablespoons of water as needed to adjust the consistency, if too thick. Store in an airtight glass jar and refrigerate for up to 2 weeks.
- Rinse kale and dry well. Remove large stems and tear large leaves into bite sized pieces; transfer to a large mixing bowl. Massage kale well to tenderize the strong fibres by sprinkling with a pinch of salt and roughly massaging until it is reduced by half in volume.
- Dress kale with your desired amount of dressing tossing to evenly coat. Add croutons, beef jerky, a squeeze of fresh lemon juice and parmesan cheese. Toss to evenly distribute topping throughout the salad.
- Serve immediately.

Serves 2-4 people.

Cheers to good health & good food - Chef Susan Hoy

INGREDIENTS:

- 1 bag Innisfail Growers kale
- 1 ½ oz Expedition Jerky Peppered Jerky, thinly sliced
- 1 tbsp parmesan cheese
- 1 cup croutons

DRESSING

- ¼ cup hummus
- 1 tsp grainy Dijon mustard
- ½ tsp lemon zest
- 3 tbsp lemon juice
- 2 tsp capers, chopped finely
- 2 cloves Mountainview Colony garlic
- 1 tbsp olive oil
- 2 tbsp Good Stuff Maple Products maple syrup
- ½ tsp salt
- Water as needed



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