

# All Kale Caesar with Zingy Lemon Anchovy Vinaigrette

Adapted from: Erin Wade

**Prep time:** 15 minutes

**Cook time:** N/A

**Total time:** 15 minutes

**Serves:** 4



## Ingredients

### For the Salad:

1-2 bunches of curly kale (or Tuscan kale)  
1 cup Marcona almonds, chopped  
1-2 cups parmesan, grated  
anchovies, to taste

### For the Dressing:

juice of 2-3 lemons

12 anchovy filets (packed in oil)  
2 tbsp. champagne or white vinegar  
1 tbsp. creamy dijon mustard  
¼-½ cup EVOO  
1 tbsp. water  
1 small shallot (or ½ of a big one)  
salt and pepper to taste

## Instructions

1. For the dressing, put all ingredients but the shallot in a blender and emulsify. Then chop the shallot and mix it in. Set aside.
2. For the salad, finely chop the leafy part of the green curly kale (strip each leaf off the main stem) or, if you prefer, the darker green (and even more nutritious!) Tuscan kale.
3. Because kale is on the tougher side, chop the leaves fairly fine, more like a coleslaw, in order to expose a lot of surface area where the dressing can absorb and soften.
4. Add almonds, a generous handful of grated parmesan cheese, and vinaigrette to taste.

5. Toss with more roughly chopped anchovies, depending on how much you love their briny punch and enjoy!

Note: Unlike most salads that need to be served immediately, this salad actually improves for a while after as the dressing works its magic!