

Healthy Kale Caesar Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-caesar-salad-dressing-recipe-greek-yogurt>

Ingredients:

- 1/2 bunch kale chopped into very small pieces
- 1/4 red onion small, thinly sliced
- 1/4 cup grated Parmesan cheese freshly
- 1/2 cup croutons Sourdough, see recipe below
- 1/4 cup caesar dressing see recipe below
- 2 slices whole grain sourdough bread
- 1/2 teaspoon olive oil
- 1/8 teaspoon garlic powder
- 3 tablespoons nonfat plain greek yogurt
- 1 egg
- 2 cloves garlic
- 1 tablespoon dijon
- 1 teaspoon worcestershire
- 3 tablespoons lemon juice
- 1/2 teaspoon cracked black pepper fresh
- 2 tablespoons Parmesan cheese
- 3 tablespoons olive oil

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 65 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 440 milligrams
9. Sugar: 4 grams

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