

# Chopped Kale Caesar Salad With Salmon Recipe

STUDIO MCGEE

## Ingredients

TIME: 30 MINUTES | SERVES: 6

- 4 CUPS WILD RICE, COOKED
- 4-6 SALMON FILETS
- 1/2 LEMON
- 3 CUPS KALE, CHOPPED AND STEMS REMOVED
- 3 CUPS ROMAINE LETTUCE, CHOPPED
- 3/4 CUP GRATED PARMESAN CHEESE
- CAESAR DRESSING, RECIPE FOLLOWS
- 2 CUPS CROUTONS, RECIPE FOLLOWS

## Method

01

Cook 4 cups wild rice according to package directions.

02

Season salmon with a big pinch of salt and cracked black pepper. Heat a large skillet over medium-high heat and place salmon filets skin-side-down.

03

Cover and cook without turning for 5 minutes, or until the skin browns. Flip and cook an additional 2 minutes, depending on the thickness, until the salmon is cooked through. Transfer to plate and squeeze 1/2 lemon over cooked salmon; set aside.

04

Chop, slice and dice 4 cups of kale, 4 cups of romaine, and 3/4 cup grated Parmesan.

05

Just before serving, dress with Caesar dressing and top with croutons.

For serving: Transfer dressed salad to individual bowls and top with cooked wild rice and seared salmon.

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### CAESAR DRESSING

- 1/3 CUP MAYONNAISE
- 2 TEASPOONS DIJON MUSTARD
- 2 MINCED GARLIC CLOVES
- 2 TABLESPOONS FRESHLY SQUEEZED LEMON JUICE
- 2 TABLESPOONS WHITE WINE VINEGAR
- 2 TEASPOONS WORCETERSHIRE SAUCE
- 1/2 TEASPOON KOSHER SALT
- 1/2 TEASPOON CRACKED BLACK PEPPER
- 1/2 CUP AVOCADO OIL (OR VEGETABLE OIL)
- 1/2 CUP GRATED PARMESAN CHEESE

### HOMEMADE CROUTONS

- 1 LOAF OF BREAD (ABOUT 12 OUNCES), CUT INTO 3/4 INCH CUBES
- 1/4 CUP OLIVE OIL
- 1 TEASPOON GARLIC POWDER
- 3/4 TEASPOON KOSHER SALT
- 1/2 TEASPOON BLACK PEPPER
- 2 TABLESPOONS ITALIAN PARSLEY, CHOPPED

## Method

01

Combine 1/3 cup mayonnaise, 2 teaspoons mustard, 2 garlic cloves, 2 tablespoons lemon juice, 2 tablespoons white wine vinegar, 2 teaspoons Worcestershire sauce, 1/2 teaspoon kosher salt, 1/4 teaspoon cracked black pepper, 1/2 cup oil, and 1/2 cup grated Parmesan in a small bowl or mason jar. Whisk or shake until well combined. Taste and adjust seasoning with additional salt and pepper.

\*Store in an airtight container or mason jar in the refrigerator for up to a week.

02

Preheat oven to 375°F. Line a large sheet tray with parchment paper; set aside.

03

In a large bowl, evenly drizzle or spray 1/4 cup olive oil evenly over 1 loaf of cubed bread chunks. Then evenly sprinkle 1 teaspoon garlic powder, 3/4 teaspoon kosher salt and 1/2 teaspoon cracked black pepper over the bread. Toss gently until well-combined.

04

Spread the bread cubes out into a single layer on the sheet tray. Bake until golden, turning once halfway through cooking in order to brown all sides of the croutons. Cook for 15-20 minutes. Actual time will depend on the thickness of the cubes, so keep an eye on things to make sure they won't burn.

05

Remove from oven, and let cool completely. Toss with 2 tablespoons chopped Italian parsley.

\*Use immediately, or store in an air-tight container for up to 1 week.