
FAT-BURNING SALADS

Kale Caesar Salad



Caesar gets a bad name when it comes to talking nutritious salads. This is not your average Caesar salad though as you'll see. It's a fat-burning edition!

Summer Salad Series

Key Fat Burners:

Parmesan Cheese? The Believe or not yes! Cheese is high in a protein, particularly casein protein and this creates that metabolic effect for fat loss. On top of that the rest of the ingredients are nutrient loaded. To give you the most nutritious bang for your buck.

Ingredients

- 4 slices bread, crusts trimmed and cut in to cubes
- 1/2 cup plus 1 TBSP EVOO (Extra Virgin Olive Oil)
- 2 cloves Garlic, minced and divided
- Salt and lots of ground pepper to taste
- 1/4 cup Lemon Juice
- 2 Egg Yolks
- 1 TBSP Dijon Mustard

Directions

1. For the croutons set the oven to 450 degrees. You'll want to trim the crusts from the bread and cut the bread in to cubes.
2. Put 1 TBSP of Olive Oil, 1 Garlic Clove, and Ground Pepper in a bowl. Put the bread cubes in the bowl and add toss in the Olive Oil mixture tossing with your hands until it's coated. Spread the bread cubes on a baking sheet and bake in over for 3-4 minutes. It should be golden brown. Set aside to cool.
3. To make the dressing: In a blender, combine lemon juice, egg yolks, 1 clove of garlic and mustard, and blend for about :30 or until it's smooth.

“Cheese is high in a protein particularly casein protein which causes that metabolic effect.”

While the blender is running, add the olive oil slowly until it is emulsified. Season with salt to taste. Refrigerate the dressing unless using it right away.

4. To Assemble Your Fat Burning Salad: Place chopped kale in a salad bowl. Pour dressing on top, then add parmesan cheese and toss until kale is well coated with dressing and cheese. To serve: Divide salad on to 4 plates, then top with croutons and fresh ground pepper.



This recipe is part of our full Fat Burning Salad Summer Series. Check out the rest on FastFitTV