# Low-Carb Kale Caesar Salad

**Hands-on 20 minutes Overall 45 minutes**

**Nutritional values (per serving):** Total carbs: 8.4 g, Fiber: 3.6 g, **Net carbs: 4.8 g**,

Protein: 10.5 g, Fat: 36.6 g, Calories: 398 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

## Ingredients (makes 4 servings)

### Salad:

1/2 lb kale (2 large bunches), stems removed, and finely chopped (225 g)

1 batch Keto Focaccia, without any toppings

3 tbsp olive oil (45 ml)

1/2 tsp sea salt *or* pink Himalayan salt

1/2 tsp garlic powder

1/4 cup shaved Parmesan, for topping (28 g/ 1 oz)

### Dressing:

3 cloves garlic, minced

1 tbsp anchovy paste (5 g/ 0.2 oz)

2 tsp Worcestershire sauce (10 ml)

1/2 lemon, juiced (about 2 tbsp)

2 tsp Dijon mustard (10 g/ 0.4 oz) - *you can make your own*

3/4 cup mayonnaise (115 g/ 4.1 oz) - *you can make your own*

3 tbsp grated Parmesan cheese (15 g/ 0.5 oz)

salt and pepper, to taste

*Note: Traditional Worcestershire sauce contains sugar (in small amounts this will have a minimal effect). If you want to avoid it, here's a good homemade paleo friendly Worcestershire sauce.*

## Instructions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper. Start by making the keto focaccia without any toppings.

2. Once baked cut the loaf into crouton sized cubes. Toss the cubes with the olive oil, salt, and garlic powder. Arrange in a single layer on the baking sheet and bake 10-15 minutes flipping once or twice until crisp.

3. Place all of the dressing ingredients into a jar.

4. Shake until combined. Chill until ready to use.

5. Toss the kale with the dressing and top with croutons and extra cheese if desired. Serve.

6. If not served immediately, keep the kale, dressing, croutons and shaved Parmesan separately in the fridge for up to a week and assemble before serving.

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