

## Brussels Sprout Caesar Salad



Servings:

**5 servings**

Prep Time:

**15 min**

Cook Time:

**15 min**

### Ingredients

- Croutons: \*\*\*\*
- 2 cups **Multigrain Bread**, small cubes
- 1 tsp **Garlic Powder**
- 1/2 tsp **Thyme, Dried**
- 1/4 tsp **Salt & Pepper**
- 2 tbsp **Olive Oil**
- 2 tbsp **Parmesan Cheese**, grated
- Dressing: \*\*\*\*
- 2 each **Garlic Cloves**, minced
- 3 tbsp **Greek Yogurt, Plain**
- 2 tbsp **Parmesan Cheese**, grated
- 1 tbsp **Dijon Mustard**
- 2 tsp **Apple Cider Vinegar**
- 1 tbsp **Worcestershire Sauce**

### Method of Preparation

#### Step 1

Preheat the oven to 375 degrees F.

Line a sheet pan with parchment paper.

In a bowl, toss bread, garlic powder, thyme, parmesan cheese, olive oil, and salt/pepper. Spread out evenly on sheet pan and bake for 10-12 minutes until golden brown.

#### Step 2

In a food processor, add all the dressing ingredients except for the oil. Blend until smooth. While the food processor is still running, slowly add the olive oil to form a creamy dressing.

#### Step 3

In a saute pan, over medium-high heat add olive oil, brussels sprouts, and salt/pepper. Cook for 5-8 minutes until softened.

#### Step 4

In a large bowl, add kale, brussels sprouts, and dressing. Toss well.

Add parmesan cheese, parmesan crisps, and croutons. Toss well again.

It can be enjoyed warm or chilled!

- 1/4 tsp **Salt & Pepper**
- 1 tsp **Garlic Powder**
- 1 tbsp **Lemon Juice**
- 1 tsp **Lemon Zest**
- 1/3 cup **Olive Oil**
- Salad: \*\*\*\*
- 10 oz **Brussels Sprouts**, shaved
- 1 tbsp **Olive Oil**
- 1/4 tsp **Salt & Pepper**
- 2 oz **Baby Kale**
- 1 tbsp **Parmesan Cheese**, grated
- 1/4 cup **Parmesan Cheese Crisps**

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