

Simple Caesar Salad



Course : Side Dish
Categories : Salad
Source : www.livingupwell.com

Serving size : 8 side salads or 4 large salads

Preparation time : 10 mins

Cooking time :

This is enough to have 8 servings of Caesar salad or 4 large salads. I love prepping this during the weekend to have it as a quick & easy addition to any weeknight meal.

Ingredients

8 oz Spring mix lettuces
1 head red leaf lettuce
3 tablespoons capers
15 oz can of hearts of palm
1/4 cup shredded parmesan
1 shallot, small diced (or 1/2 cup green onion, diced)
2 medium avocados
Primal Kitchen Caesar Dressing and Marinade (uses avocado oil and healthy ingredients)
1 lemon

Directions

Prep day:

1. Wash, pat dry and cut red leaf lettuce into bite-size pieces (I chop the lettuce, put it in a salad spinner to wash and dry).
2. Remove hearts of palm from can, cut in half, then slice into pieces. Shred parmesan into a small bowl. Small dice shallot or thinly slice green onions.

Layer in large container:

1/2 spring mix & red lettuce (mix together)
1/2 shallots
2 tbsp. parmesan cheese
1/2 hearts of palm
Repeat layers. Store in container, label & refrigerate.

Prepare day:

Place 1- 2 cups (or 3+ cups for meal) of salad into a small bowl, drizzle with dressing and mix together to coat all lettuce. Add diced avocado. Store rest of avocado in container, drizzle with lemon juice to prevent browning.

Notes

For meal, pair with 3 - 6 oz lean protein such as chicken, fish or tempeh and increase salad portion to at least 3 cups.

Equipment:

Salad spinner (optional but handy)

Large storage container

Salad bowls

Chef's knife

Cutting board