

Caesar Pasta Salad

Ingredients

- 6 tablespoons light mayonnaise
- 1/3 cup parmesan cheese
- 3 tablespoons lemon juice
- 1 tablespoons Dijon mustard
- 1 tablespoons olive oil
- 1 teaspoon minced garlic
- Salt & pepper to taste

- 1 lb. whole wheat pasta
- 7 ounces kale, stemmed and chopped



Directions

1. Cook whole wheat pasta according to package instructions. Place steaming basket above pasta noodles/water, add 7 ounces of chopped kale, and steam.
2. Meanwhile, in a small bowl combine first 8 ingredients (mayonnaise, parmesan cheese, lemon juice, Dijon mustard, olive oil, minced garlic, salt and pepper.) Stir to combine.
3. Place pasta and kale into large mixing bowl, add dressing, stir, and serve.

Note – if you prefer a chilled pasta salad, chill pasta and kale before adding dressing, by running under cool water or refrigerating; then add dressing.

