



## Critterless Caesar Salad

*Some people don't fancy anchovies, an important ingredient in many Caesar salads. You won't miss them in this tasty, tangy dressing.*

Yield: 4 servings  
Preparation Time: About 30 minutes

<p><u>Ingredients:</u></p> <p>Caesar Dressing:</p> <ul style="list-style-type: none"> <li>● 1/2 tsp (2mL) grated lemon zest</li> <li>● 1/2 lemon, juiced</li> <li>● 1 clove garlic, grated</li> <li>● 1/2 tsp (2mL) Dijon mustard</li> <li>● 1/2 tsp (2mL) white wine vinegar</li> <li>● 1/3 cup (75mL) extra virgin olive oil</li> <li>● Several cracks of freshly ground pepper</li> <li>● 1/4 tsp (1mL) salt</li> </ul> <p>Croutons:</p> <ul style="list-style-type: none"> <li>● 1/4 cup (50mL) olive oil</li> <li>● 1 clove garlic, grated</li> <li>● 3 slices whole wheat sourdough bread</li> </ul> <p>Salad:</p> <ul style="list-style-type: none"> <li>● 1/2 large head Romaine lettuce, washed and dried</li> <li>● 1/2 cup (125mL) grated Parmesan cheese</li> <li>● a handful of toasted pumpkin seeds, optional</li> </ul>	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> <li>● micro-plane</li> <li>● bread knife or small sharp knife</li> <li>● cutting board</li> <li>● liquid measuring cup</li> <li>● measuring cups and spoons</li> <li>● small jar with tightly fitted lid</li> <li>● small bowl</li> <li>● pastry brush</li> <li>● bread knife</li> <li>● baking tray</li> <li>● box grater</li> <li>● large salad bowl</li> <li>● salad servers</li> </ul>
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### Method:

#### Caesar Dressing:

1. Combine lemon zest, lemon juice, grated garlic, mustard, white wine vinegar and olive oil in a jar with a lid. Secure lids tightly. Shake up the ingredients.
2. Add salt and pepper and set aside.

#### Croutons:

1. Turn on the oven to 190 C (375 F).
2. Measure 1/4 cup (50mL) olive oil and pour it in a bowl.
3. Add the grated garlic and stir it in.

4. Paint both sides of each slice of bread with the garlic-oil.
5. Cut the bread into cubes on a cutting board. Cut bread into 2 – 3 cm slices then cut the slices into cubes. Put the cubes on a baking tray.
6. Bake for 5 to 10 minutes or until crunchy. Let cool.

Salad:

1. Wash the lettuce in cold water. Dry in a salad spinner or blot dry with a clean tea towel.
2. Grate the cheese.
3. Tear the lettuce into bite sized pieces into a large bowl.
4. Pour dressing over and toss with salad servers.
5. Add croutons and cheese. Toss again. Add pumpkin seeds, if using.
6. Serve right away.