

# BEST EVER VEGAN CAESAR SALAD

From the Kitchen of: Tina Town, Community Member

**Preparation Time:** 40 minutes | **Cook Time:** 15 minutes | **Yield:** 6 servings

**Common Allergens:** Wheat, Soy, Tree Nuts

This easy-to-make, plant-based Caesar salad is an excellent way to impress your friends (vegans and non-vegans alike), according to recipe author, Tina! With some added vegan protein, this can be a whole meal or a side dish as-is. It was a favorite dish at Tina's recent Christmas holiday celebration, where the guests kept coming back for more! "Flavor all day!"

## INSTRUCTIONS:

### MAKE THE CROUTONS:

- Chop the bagel into desired crouton-sized cubes.
- In a medium bowl, toss the cubes of bagel in olive oil to coat, and sprinkle them generously with kosher salt.
- Spread the bagel pieces evenly onto a small baking sheet, and toast them in a toaster oven, or a regular oven at 375° F for about 15 minutes, or until crispy.

### MAKE THE SALAD DRESSING:

- In a blender or food processor, purée the oil, tofu, lemon zest, lemon juice, mustard, capers, and nutritional yeast until smooth and creamy.
- Season the dressing with salt and pepper to taste.

### ASSEMBLE THE SALAD:

- Toss the chopped romaine with the dressing. Top the dressed salad with the almonds, parmesan, and a generous amount of croutons.

## NOTES:

- You can add seasoning to the croutons for flavor, such as garlic powder, onion powder, or Italian seasoning.
- Try adding vegan "chixn" strips to the salad for extra protein. Tina suggests Gardein, Darin, or Abbott's brand.



## INGREDIENTS:

### FOR THE CROUTONS:

- 1 bagel of choice (i.e. everything, sesame, or plain)
- 1 Tablespoon olive oil
- Kosher salt and pepper, to taste

### FOR THE DRESSING:

- 1/4 cup olive oil
- 1/4 cup soft silken tofu
- 1/2 teaspoon lemon zest
- 2 Tablespoons fresh lemon juice
- 2 teaspoons dijon mustard
- 2 teaspoons capers, drained
- 2 teaspoons nutritional yeast
- Salt and pepper, to taste

### FOR THE SALAD:

- 2 hearts of romaine lettuce, chopped
- 3/4 cup sliced almonds, toasted for extra flavor
- Vegan parmesan, to taste (such as Violife shaved parmesan)