

Crunchy Caesar Salad

The recipe requires a bit of time to prepare, but the taste and the crunchiness of the lettuce, chickpea croutons, and rich, creamy Caesar dressing will knock your socks off.

If you're serving a small group, don't dress all the greens. The leaves keep better in the fridge undressed. Store the leaves, dressing, and croutons each in their own container.

Sometimes, I don't have time to make all of the ingredients in this salad. In that case, I omit the chickpea croutons or even the parmesan-style cheese. The Caesar dressing over the greens is incredibly tasty.

Dressing ingredients:

- ½ cup raw cashews, boiled gently for 20 minutes
- ⅓ cup water
- 1-2 garlic cloves
- 1 T lemon juice
- ½ T Dijon mustard
- ½ T Worcestershire sauce
- 2-3 t capers
- ½ t garlic powder
- ½ t onion powder

Salad ingredients:

- 1 small bunch lacinato kale, destemmed and chopped
- 1 head romaine lettuce, chopped



Garlicky croutons ingredients:

- 1 (15-oz.) can chickpeas, drained and rinsed
- ½ t garlic powder
- ½ t onion powder

Parmesan-style cheese ingredients:

- ¼ cup raw cashews
- 1 garlic clove, chopped
- 4 T hulled hemp seeds
- 1 T nutritional yeast
- ½ t garlic powder
- ½ t salt, or to taste

Instructions:

Preheat oven to 425°F.

To prepare the Caesar dressing:

Boil cashews in water in a small saucepan for 20 minutes. Drain and rinse. Place the cashews and all other dressing ingredients into a high-speed blender. If you need to, add a little bit of water to get it blending. Add the rest of the ingredients and pulse until the mixture is smooth. Salt to taste.

The dressing thickens when it is chilled. If preparing the dressing and refrigerating beforehand, bring to room temperature before serving.

To prepare the chickpea croutons:

Drain and rinse chickpeas.

Rub chickpeas dry in a towel and place on parchment paper-lined baking sheet. Sprinkle with the garlic powder and onion powder.

Roast for 15 minutes at 425°F, then gently roll the chickpeas around on the baking sheet. Roast for another 10 minutes or so, until lightly golden. The chickpeas will become crunchy as they cool.

To prepare the Parmesan-style cheese:

In a high-speed blender, crumb all ingredients together. Do not overblend. This can release the oils from the nuts and the result will be cashew butter.

To assemble the salad:

Place greens into an extra-large bowl.

Toss dressing and Parmesan-style cheese with salad.

Sprinkle with the roasted chickpeas.

Serve immediately.