



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Vegan Caesar Salad with Tofu Croutons (4 servings)

Ingredients

Salad Greens

- 1 large package arugula
- 1 large head romaine lettuce

Roasted Tofu Croutons

- 1 package extra-firm tofu,
- 1/2 Tbsp extra-virgin olive oil
- 1 tsp chipotle powder
- 1 tsp salt and ground pepper
- 1 pinch granulated garlic
- 1/4 cup cornstarch - for dredging

Salad Dressing

- 4 cloves garlic - minced
- 1 Tbsp capers - drained
- 1/2 cup vegan mayonnaise
- 2 Tbsps lemon juice - fresh
- 1 tsp Bragg's liquid aminos
- 1/2 cup vegan grated parmesan cheese
- 2 tsps nutritional yeast
- 1/4 tsps granulated onion
- 1/4 tsp black pepper - freshly ground

Preparation

Tofu Croutons

- Preheat the oven to 400°F and line a baking sheet with parchment paper.
- Pat dry and cube the tofu
- Toss the cubed tofu with the olive oil, chipotle powder, granulated garlic, salt/pepper and cornstarch.
- Spread the tofu evenly onto the baking sheet. Bake for 20 - 25 minutes, or until the tofu is browned around the edges. Remove and serve warm.

The Salad Greens

- Mince the cloves of garlic, finely chop and/or smash the capers with a fork. Add both to a small bowl and incorporate the rest of the salad dressing ingredients: mayonnaise, lemon juice, liquid aminos, nutritional yeast,

(continued)



granulated onion and pepper. Whisk to thoroughly combine and set aside in the refrigerator until needed.
(The dressing is even better the next day!)

- Chop the romaine lettuce into bite size pieces. Clean the arugula and romaine lettuce in a bowl of ice-cold water. Drain and dry in a salad spinner. Place in a large salad bowl and refrigerate until needed.

To assemble the Caesar salad

- Gently toss to mix the greens together. Pour the dressing evenly over the lettuce and arugula. Add the roasted tofu croutons and toss the salad until it is well coated with the dressing. Garnish with some freshly cracked black pepper *(optional)* and generously sprinkle with vegan parmesan cheese. Serve immediately! Enjoy

Serving Suggestion:

Sprinkle toasted seed topping - hemp, sesame and pumpkin seeds

This recipe was prepared on S1: Episode 5 of the video podcast "Dishing with Patricia."
