



VEGAN CAESAR SALAD

SUBMITTED BY: Trisha Watkins, Switchboard Operator - Switchboard

It's delicious for vegan!

DIRECTIONS:

1. Soak cashews in a bowl of water overnight, or for at least a few hours. Drain and rinse.
2. Roast chickpea croutons: Preheat oven to 400°F (200°C). Drain and rinse chickpeas. Place chickpeas in a tea towel and rub dry (it's okay if some skins fall off). Place onto large rimmed baking sheet. Drizzle on oil and roll around to coat. Sprinkle on the garlic powder, salt, and optional cayenne. Toss to coat. Roast for 20 minutes at 400°F (200°C), then gently roll the chickpeas around in the baking sheet. Roast for another 10 to 20 minutes, until lightly golden. They will firm up as they cool.
3. Prepare the dressing: Add the cashews and all other dressing ingredients (except salt) into a high-speed blender, and blend on high until the dressing is super smooth. You can add a splash of water if necessary to get it blending. Add salt to taste and adjust other seasonings, if desired. Set aside.
4. Prepare the Parmesan cheese: Add cashews and garlic into a mini food processor and process until finely chopped. Now add in the rest of the ingredients and pulse until the mixture is combined. Salt to taste.
5. Prepare the lettuce: Destem the kale and then finely chop the leaves. Wash and dry in a salad spinner. Place into extra large bowl. Chop up the romaine into bite-sized pieces. Rinse and then spin dry. Place into bowl along with kale. You should have roughly 5 cups chopped kale and 10 cups chopped romaine.
6. Assemble: Add dressing onto lettuce and toss until fully coated. Season with a pinch of salt and mix again. Now sprinkle on the roasted chickpeas and the Parmesan cheese. Serve immediately.

INGREDIENTS:

FOR THE ROASTED CHICKPEA CROUTONS:

- 1 can chickpeas drained and rinsed
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon garlic powder
- 1/8 to 1/4 teaspoon cayenne pepper (optional)

FOR THE CAESAR DRESSING (MAKES 3/4-1 CUP):

- 1/2 cup raw cashews, soaked overnight
- 1/4 cup water
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/2 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1 small garlic clove
- 1/2 tablespoon vegan Worcestershire sauce
- 2 teaspoons capers
- 1/2 teaspoon fine grain sea salt and pepper, or to taste

FOR THE NUT AND SEED PARMESAN CHEESE:

- 1/3 cup raw cashews
- 2 tbps hulled hemp seeds
- 1 small garlic clove
- 1 tablespoon nutritional yeast
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon garlic powder
- fine grain sea salt, to taste

FOR THE LETTUCE:

- 1 small/medium bunch kale, (5 cups chopped)
- 2 small heads romaine lettuce (10 cups chopped)