



CAESAR SALAD WITH HOMEMADE DRESSING

INGREDIENTS

- 1 head of romaine lettuce

For the dressing:

- 1 clove of garlic
- 1 egg
- 1½ tsp anchovy paste
- 1½ tsp dijon mustard
- 4T lemon juice, fresh
- 1 cup olive oil
- ½ tsp salt and pepper
- ¼ cup parmigiano reggiano cheese, grated



For the croutons:

- 5 cups of rustic italian bread cubes, approx 1 inch in size (1 loaf)
- 6 T butter
- ¼ tsp garlic powder
- salt & pepper

INSTRUCTIONS

For the Dressing:

Put all the ingredients into a mason jar. Make sure the egg and the oil are at room temperature. Put an immersion blender into the jar, and turn on. Blend, pulling up as you go, until the the dressing is emulsified. This will only take a few seconds. Give it a stir and then taste to adjust the seasoning.

Note: You can also mix the ingredients in a Nutra Bullet or Nutra Ninja and then store in a mason jar. Dressing will keep a few weeks in the fridge.

For the Croutons:

Set a large skillet over medium heat. Add the butter. Once the butter is melted, add in the bread cubes. Toss well. Toast the bread cubes on all sides, tossing every minute for even browning. After 3 minutes, sprinkle the croutons with garlic powder and some salt and pepper. Continue cooking another 3-4 minutes until golden. Remove from heat and cool.

For the Salad:

Chop the lettuce into about 1 inch/bite-size pieces. Drizzle with the dressing tossing gently until the lettuce is evenly coated. Then add in the croutons and the shredded or shaved parm cheese.