



Grilled Caesar Salad Recipe



Ingredients

For the Salad:

- 2 heads of Romaine lettuce, washed and halved lengthwise
- 1 can chickpeas (1T olive oil, 1t garlic powder, ½ t sea salt)
- 1/2 cup shaved Parmesan cheese
- Garlic butter for brushing
- Salt and freshly ground black pepper to taste

For the Caesar Dressing:

- 1/2 cup olive oil
- 1½ Tablespoon red wine vinegar
- 3 cloves garlic, minced (use a bit in the garlic butter for brushing)
- 2 Tablespoons fresh lemon juice
- 1/2 Tablespoon Dijon mustard (or dry mustard)
- 1 Tablespoon Worcestershire sauce
- 3-6 drops Tabasco
- 1 teaspoon anchovy paste
- Salt and freshly ground black pepper to taste

Prep Time: 30 MIN

Cooking time :15 MIN

Serves: 2 for MAIN, 4 as SIDE



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Instructions

- Preheat the oven to 400°F or 200°C:
- Line a large rimmed baking sheet with parchment paper
- Prepare the Chickpea croutons:
- Drain and rinse chickpeas well. Place a tea towel on the counter and gently dry them.
- Transfer them to a small bowl and mix with 1 T olive oil, 1t garlic powder and sea salt. Gently mix and transfer to the baking sheet.
- Roast the chickpeas for 15 minutes, then shake to roll them a round on the sheet, and bake for another 10-15 minutes. Cool for 5 minutes before serving.
- Prepare the Caesar Dressing:
- In a medium bowl, combine the olive oil, red wine vinegar, minced garlic, fresh lemon juice, Dijon mustard, Worcestershire sauce, Tabasco and anchovy paste.
- Whisk the ingredients together until the dressing is smooth and well combined. Season with salt and pepper to taste. Set aside.
- Preheat the Grill:
- Preheat your grill to medium-high heat (around 400-450°F or 200-230°C). Clean and oil the grates to prevent sticking.

Grill the Romaine Lettuce:

- Brush the halved Romaine lettuce heads with garlic butter on both sides.
- Place the lettuce halves on the preheated grill, cut side down. Grill for 1-2 minutes per side or until you see grill marks and the lettuce starts to wilt slightly. Be careful not to overcook; you want the lettuce to remain slightly crisp.
- Assemble the Grilled Caesar Salad:
- Remove the grilled lettuce from the grill and place them on a serving platter.
- Drizzle the prepared Caesar dressing generously over the grilled lettuce halves.
- Sprinkle the shaved Parmesan cheese evenly over the top.
- Scatter the chickpea croutons over the salad.
- Serve:
- Serve immediately while the lettuce is still warm from the grill. Enjoy your delicious Grilled Caesar Salad!
- Optional Variations:
- You can add grilled chicken, shrimp, or salmon to make it a heartier main course salad.
- Feel free to add cherry tomatoes, roasted red peppers, grilled asparagus, and bacon or prosciutto bits for extra flavor and color.
- If you're vegetarian or prefer an anchovy-free dressing, you can omit the anchovy paste and Worcestershire sauce and use a vegetarian Worcestershire sauce substitute or skip it altogether.
- This Grilled Caesar Salad is a delightful twist on the classic Caesar, and the smoky flavor from the grill adds a delicious dimension to this salad. Enjoy it as a starter or a light and refreshing main course on a warm day.

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