

# Caesar Salad with Maple-Wheat Croutons

Source: Chloe's Kitchen: 125 Easy, Delicious Recipes for Making the Food You Love the Vegan Way. Author: Chloe Coscarelli (Available on Amazon or [www.ChefChloe.com](http://www.ChefChloe.com) )

SERVES 6 TO 8

*"When my friends from Italy come to visit, the first meal on their California to-eat list is always Caesar salad. This never made any sense to me until I learned that Caesar salad does not exist in Italy: It was invented in a restaurant in Tijuana in the 1920's by Italian chef Caesar Cardini. I guess it never made it across the Atlantic! Here is my delicious, creamy, and not-so-Italian salad."*



## Make-Ahead Tip

The Caesar Dressing can be made 2 to 3 days in advance and kept refrigerated. The Maple-Wheat croutons can be kept sealed in the freezer for up to 1 month.

## MAPLE-WHEAT CROUTONS

- 6 slices whole-wheat bread, cut into ½ - inch cubes
- ¼ cup olive oil
- 1 tablespoon maple syrup
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

## CAESAR DRESSING

- ¼ cup soft tofu
- ¼ cup olive oil (Pam's note: I double the recipe and leave out the oil)
- 2 cloves garlic
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon white miso paste
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper

- 1 head romaine lettuce, cut or torn into bite-sized pieces

2 tablespoons drained capers

**To make the Maple-Wheat Croutons:** Preheat the oven to 325 degrees.

In a large bowl, toss bread cubes with oil, maple syrup, salt, and pepper. Spread the bread cubes in one layer onto a rimmed baking sheet. Bake for 25 to 35 minutes until crispy and lightly browned, turning with a spatula every ten minutes.

**To make the Caesar Dressing:** In a blender or food processor, combine tofu, oil, garlic, lemon juice, vinegar, mustard, miso, salt, and pepper. Process until very smooth.

In a large bowl, combine lettuce and capers, and toss with desired amount of Caesar Dressing. Top with a handful of Maple-Wheat Croutons.

**Pam's Note:** To make the dressing oil-free, I double the recipe and leave out the oil. It is a little thinner but still very delicious and coats well.