

Vegan Caesar Salad

Salad:

Romaine Lettuce

Capers

Tomatoes

Cut full piece of romaine length wise into 2 pieces and brush or spray with olive oil and then sprinkle with salt and pepper. On either grill pan at medium high heat or outdoor grill cook cut side down first for about 2-3 minutes until slightly browned.

In hot pan with swirl a few tablespoons of capers until they give off an aroma and are sizzling. I do not use any oil.

Vegan Caesar Dressing

Ingredients:

1 Cup Vegan Mayonnaise(or regular mayo if not vegan)

2 Garlic Cloves

1 ½ teaspoons Dijon Mustard

1 tablespoons Capers

1 ½ teaspoon Nutritional Yeast

Pinch of Black Pepper

1/3 Cup Water

Instructions:

Put all ingredients in Cusinart, Vitamix or High Speed Blender and blend until smooth.

To Serve:

Place romaine (can be hot or room temperature) on plate. Drizzle dressing, capers and tomatoes.

Serve and enjoy!

