

Choco Fever Dream

Vegetarian Caesar Salad – Fresh & Crunchy

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Salad Base

- [ ] 1 large head romaine lettuce, torn
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/4 cup shaved vegan Parmesan

Croutons

- [ ] 2 cups day-old bread, cubed
- [ ] 2 tbsp olive oil
- [ ] 1 clove garlic, minced
- [ ] Pinch sea salt

Dressing

- [ ] 1/4 cup olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp apple cider vinegar
- [ ] 1 tsp maple syrup
- [ ] 2 tbsp vegan Parmesan
- [ ] 1 small garlic clove, grated
- [ ] Salt and pepper to taste

Instructions

1. Preheat oven to 350°F (175°C). Toss bread cubes with olive oil, minced garlic, and a pinch of salt; spread on a baking sheet.
2. Bake croutons for 8-10 minutes, turning once, until golden and crisp. Set aside to cool.
3. In a small bowl, whisk together olive oil, lemon juice, Dijon, apple cider vinegar, maple syrup, vegan Parmesan, grated garlic, salt, and pepper until emulsified.
4. Place torn romaine in a large bowl, drizzle with dressing, and toss gently. Top with tomatoes, shaved vegan cheese, and the cooled croutons.

Nutrition per serving

250 kcal	6 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer dressing, add an extra tablespoon of olive oil.
- For added protein, toss in roasted chickpeas.
- Adjust lemon juice to your taste; a little goes a long way.