

# THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

## Recipe

### CAESAR SALAD WITH GLUTEN-FREE CROUTONS

To make a great caesar salad, it's all about the dressing. At my restaurant, we were known for making a great one. Now I'm passing the recipe onto you.

#### INGREDIENTS:

**Dressing serves 15- 20**

##### The dressing:

- ½ tbs mustard (dijon or your favorite)
- 1 egg yolk
- 6 - 7 anchovies + 1 tbs oil from the anchovy tin
- ¼ cup grated parmesan
- ½ cup extra virgin olive oil
- ½ cup vegetable oil
- Juice from ½ a lemon

##### The salad (for 2):

- 1 head romaine hearts - cut in 1 inch slices (or to desired thickness)
- Croutons - 4 slices of gluten-free bread
- Parmesan shavings

#### INSTRUCTIONS:

**Pre-heat oven to 350 degrees**

- Finely chop garlic and anchovies and add to a mixing bowl with egg yolk, oil from anchovy, mustard & lemon juice and whisk together
- Mix in parmesan & begin adding olive oil a drizzle at a time until it begins to emulsify
- Then you can add vegetable oil in a steady stream until it reaches the consistency of a mayonnaise

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#### INSTRUCTIONS cont.

- Place greens in a mixing bowl, add a tablespoon or two of dressing and toss. If you need more dressing add a little bit at a time (store remaining dressing in fridge)
- Place in a salad bowl (or individual plates) and top with a few shavings of parmesan (optional) and the croutons (optional)

#### Instructions for the Croutons:

- Slice the bread in about ½ inch dice (or tear in small pieces) and place on a tray and bake for about 8 - 10 minutes or until crispy and golden

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#### NUTRITION FACTS

<b>Nutrition Facts</b>	
<b>Caesar Dressing</b>	
Serving size: 1 tbs	
<b>Amount Per Serving</b>	
<b>Calories</b>	86.2
<b>Total Fat</b>	9.2 g
Saturated Fat	1.4 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	6.5 g
<b>Cholesterol</b>	8.4 mg
<b>Sodium</b>	61.2 mg
<b>Potassium</b>	8.6 mg
<b>Total Carbohydrate</b>	0.2 g
Dietary Fiber	0.0 g
Sugars	0.0 g
<b>Protein</b>	0.9 g