Plate Dream

Vegan Romaine Caesar Salad With Crispy Chickpea Croutons

Fresh vegan romaine Caesar with crispy chickpea croutons, light dressing, and a touch of lemon.

15 min	20 min	35 min	4	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

For the Salad

- [ ] 2 large heads romaine lettuce, torn
- [ ] 1 cup canned chickpeas, rinsed and dried
- [ ] 1 tbsp olive oil
- [ ] 1/2 tsp smoked paprika
- [ ] Salt and pepper to taste

For the Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] 1 tbsp maple syrup
- [ ] 2 tbsp nutritional yeast
- [ ] 1 tsp capers, minced
- [ ] 1 small garlic clove, minced
- [ ] Pinch of sea salt

Garnish

- [ ] Additional capers
- [ ] Freshly cracked black pepper

Instructions

1. Preheat the oven to 425°F (220°C). Toss the dried chickpeas with olive oil, smoked paprika, salt, and pepper; spread on a baking sheet.
2. Roast chickpeas for 15-20 minutes, shaking the pan halfway, until golden and crisp. Set aside to cool.
3. While the chickpeas roast, whisk together olive oil, lemon juice, Dijon mustard, maple syrup, nutritional yeast, minced capers, garlic, and a pinch of salt to form a creamy dressing.
4. In a large bowl, combine torn romaine lettuce with the dressing; toss gently until leaves are lightly coated.
5. Top the salad with the warm chickpea croutons, sprinkle extra capers and black pepper, and serve immediately.

Nutrition per serving

260 kcal	9 g	24 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a pinch of cayenne to the chickpea seasoning.
- Use freshly squeezed lemon juice for the brightest flavor.
- For a sweeter note, increase maple syrup by half a tablespoon.