

Plate Dream

Vegetarian Caesar Salad Recipe

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

Ingredients

Salad

- [ ] 1 large head romaine lettuce, torn into bite-size pieces
- [ ] 1/2 cup freshly grated Parmesan cheese
- [ ] 1 cup homemade croutons (see note below)
- [ ] 1 tablespoon capers (optional)

Dressing

- [ ] 1/2 cup plain Greek yogurt
- [ ] 2 tablespoons olive oil
- [ ] 1 tablespoon fresh lemon juice
- [ ] 1 teaspoon Dijon mustard
- [ ] 1 small garlic clove, minced
- [ ] 2 tablespoons grated Parmesan cheese
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Preheat a skillet over medium heat, add a drizzle of olive oil, and toss cubed bread until golden and crisp; set aside to cool.
2. In a bowl, whisk together Greek yogurt, lemon juice, Dijon, minced garlic, olive oil, and Parmesan until smooth; season with salt and pepper.
3. Place the torn romaine in a large salad bowl, drizzle half of the dressing, and toss gently to coat the leaves lightly.
4. Add the remaining dressing, croutons, grated Parmesan, and capers; give a final toss just before serving.
5. Serve immediately, perhaps alongside a small side of simple coleslaw for extra crunch.

Nutrition per serving

320 kcal	14 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter dressing, substitute half the yogurt with low-fat milk.
- Use day-old bread for croutons; it holds up better when toasted.
- Feel free to sprinkle a pinch of smoked paprika for a subtle warmth.