

Caesar Salad with Garlic Sticks

Swick

Makes 3 servings | Active Time: 30 minutes | Total Time: 30 minutes

Chef's Notes

Suggested adult serving: 3 cups salad; 5 garlic sticks

Store any leftover salad and breadsticks in separate airtight containers in the refrigerator for up to 3 days.

RECIPE TIPS

Tahini: Tahini is a condiment made from toasted ground hulled sesame seeds. You may find it in the international or Kosher aisles, or among the nut butters or salad dressings.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Whole Wheat Pizza Crust: Oil-free pizza crusts include those from Engine 2.

Nutritional Yeast: Popular in plant-based cooking for its “cheesy” flavor, nutritional yeast comes in both flaked and powdered form. If you buy powdered, use $\frac{1}{3}$ cup for every 1 cup of flakes specified in a recipe.

Photo by Green Evi

Step 1: Prepare Salad Fixings

- 1/3 cup cooked chickpeas, undrained
- 1/4 cup white wine vinegar
- 2 tablespoons Dijon mustard
- 1 1/2 tablespoons tahini
- 3 cloves garlic coarsely chopped (\approx 1 tablespoon)
- 3 tablespoons unflavored plant milk plus more as needed
- 3/4 whole-wheat pizza crust
- 1 1/2 tablespoons nutritional yeast
- 3 oz kale stemmed & chopped (\approx 3 cups)
- 4 1/2 oz romaine lettuce chopped (\approx 3 cups)
- 15 oz cherry tomatoes halved (\approx 3 cups)
- freshly ground black pepper

Preheat the oven to 425°F.

MAKE DRESSING

In a high-powered blender (or food processor), purée undrained chickpeas, white wine vinegar, Dijon mustard, tahini, and garlic until smooth, gradually adding plant milk until dressing is pourable.

MAKE GARLIC STICKS

Place pizza crust on a baking sheet. Brush 1 1/2 tablespoons dressing over crust and sprinkle with nutritional yeast. Set aside remaining dressing for serving.

BAKE GARLIC STICKS

Bake until crust starts to brown, 8 to 10 minutes. Remove from oven.

Cut into 15 strips, each about 1 inch wide.

MAKE SALAD

In a large bowl, toss kale, romaine, tomatoes, and remaining dressing. Season with black pepper to taste.

Serve Caesar salad with garlic sticks.