



Pesto Caesar Salad



Photo by: Photo: Photo:
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YIELD: 6 servings

COURSE: Salads

Ingredients

3 ounces French bread baguette, cut into 1/2-inch cubes

1 1/2 teaspoons extra-virgin olive oil

Cooking spray

2 ounces Parmigiano-Reggiano cheese

1/4 cup organic canola mayonnaise (such as Spectrum)

3 tablespoons refrigerated pesto

4 teaspoons water

2 teaspoons fresh lemon juice

1 teaspoon anchovy paste

1/2 teaspoon Worcestershire sauce

1/2 teaspoon Dijon mustard

1/8 teaspoon hot pepper sauce (such as Tabasco)

1 garlic clove, minced

12 cups torn romaine lettuce

Preparation

1. Preheat oven to 400°.
2. Place bread in a large bowl; drizzle with oil. Toss to coat. Arrange bread in a single layer on a baking sheet coated with cooking spray. Bake at 400° for 10 minutes or until golden, turning once.
3. Grate 2 tablespoons cheese; shave remaining cheese to equal about 6 tablespoons. Set shaved cheese aside.
4. Combine grated cheese, mayonnaise, and next 8 ingredients (through garlic) in a medium bowl, stirring well with a whisk. Combine croutons and lettuce in a large bowl. Drizzle mayonnaise mixture over lettuce mixture; toss to coat.
5. Place 1 1/3 cups salad on each of 6 plates; top each serving with 1 tablespoon shaved cheese.

Nutritional Information	
Amount per serving	
Calories: 202	
Fat: 14.3g	
Saturated fat: 2.3g	
Monounsaturated fat: 6.2g	
Polyunsaturated fat: 5.4g	
Protein: 6.2g	
Carbohydrate: 13.6g	
Fiber: 2.9g	
Cholesterol: 15mg	
Iron: 1.9mg	
Sodium: 331mg	
Calcium: 131mg	

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