

Single Serving Caesar Salad with Tempeh Croutons

The dressing is garlicky and lemony and creamy. And the "croutons" made of tempeh give a satisfying crunch while also adding protein and keeping carbs lower.



PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins



COURSE

Gluten Free, Lunch, Sides, Vegetables



SERVINGS

1 large salad

CALORIES

365 kcal

INGREDIENTS

- 10 oz romaine chopped
- 1/2 c Soft or Silken Tofu blended
- 1 Tbsp lemon juice
- 1 Tbsp apple cider vinegar
- 1/2 clove garlic minced
- 2 tsp capers
- 2 tsp Nutritional Yeast
- 1/2 tsp mustard dijon if available
- 1 pinch salt and pepper to taste
- 1/2 package Tofurkey Maple Bacon Tempeh
- 1/4 sheet nori seaweed crumbled

INSTRUCTIONS

Croutons

1. Preheat oven to 350°F/175°C
2. Cut the tempeh strips into pieces about 3/4 inch long.

3. On a baking sheet spritzed with cooking spray, lay the tempeh pieces not touching each other.
4. Bake for 10 minutes, or until crunchy.

Salad

1. In a blender, blend the tofu, lemon juice, apple cider vinegar, nutritional yeast, minced garlic, capers, nori, and mustard together.
2. Add water as needed to get the desired dressing consistency. Dump into a large bowl.
3. Using 2 forks, or a pair of tongs, pour the romaine lettuce in the bowl and toss to coat thoroughly.
4. Top with warm tempeh croutons.

NUTRITION

Nutrition Facts

Single Serving Caesar Salad with Tempeh Croutons

Amount Per Serving

Calories	365	Calories from Fat	45
% Daily Value*			
Fat	5g		8%
Carbohydrates	40g		13%
Protein	36g		72%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!