

# Eccentric Caesar Salad

**Makes:** 6 servings

**Preparation time:** about 20 minutes

**For the Caesar dressing:**

1/2 cup (125 mL/70 g) raw cashews  
3 tbsp (50 mL) extra-virgin olive oil  
3 tbsp (50 mL) fresh lemon juice  
3 tbsp (50 mL) nutritional yeast  
1 tbsp (15 mL) Dijon mustard  
1 large clove garlic  
3/4 tsp (4 mL) salt  
1/4 tsp (1 mL) curry powder  
Freshly ground black pepper

**For the salad:**

2 large heads romaine lettuce, chopped or torn into bite-size pieces  
2 cups (500 mL) croutons (recipe follows)  
1 ripe avocado, medium dice  
1/2 cup (125 mL/65 g) hemp seeds  
1/3 cup (75 mL/55 g) capers, drained

1. To make dressing: Combine the cashews, oil, lemon juice, yeast, mustard, garlic, salt, curry powder, and pepper in a food processor and add 1/4 cup plus 3 tbsp. (100 mL total) warm water. Process until mixture is very smooth, 2 to 3 minutes, scraping down the sides of the bowl once or twice.

2. To make the salad: Toss the romaine with 1/2 cup (125 mL) of the dressing. Add more to taste if desired (extra dressing can be stored in the refrigerator for up to one week.) Divide the lettuce among six plates and top each with some of the croutons, avocado, hemp seeds and capers. Serve immediately.

Per serving (if using 1/2 cup/125 mL dressing total): calories: 390; fat: 26g; carbohydrates: 30g; protein: 13 g; sodium: 830 mg; fibre: 32 per cent