

Salad

Caesar Salad

This is an easy version for a Caesar salad. Turn it into a whole meal by adding various toppings. Feel free to leave out the anchovy fillets.

You'll Need

For the Dressing

- 1/2 tablespoon Dijon mustard
- 1/2 tablespoon white wine vinegar
- 1 tablespoon mayonnaise
- 3 cloves garlic
- 1/4 cup olive oil
- Salt
- Pepper
- 1/8 to 1/4 teaspoon lemon juice (optional)
- Anchovy fillets (to your liking minced)

For the Salad

- Romaine lettuce, chopped
- Freshly grated Parmesan Cheese
- Croutons

Other Suggestions for the Salad

- Sliced red onion
- Sliced hard boiled eggs
- Grilled chicken
- Grilled shrimp

Directions

- Place garlic into food processor or blender and run until minced.
- Next add the white wine vinegar, mustard, mayonnaise and a pinch of salt. Mix thoroughly.
- Then in a steady stream add the olive oil.
- Finally add in the anchovy.
- Remove from blender add salt, pepper and lemon juice if desired.
- Combine salad with dressing and parmesan cheese. Plate and serve topped with croutons and fixings of choice.

Play with Your Food

- Leave out the anchovy fillets or lemon juice
- Leave off the croutons for a gluten-free option

Medwell Kitchen Tested

