

Helergon Kitchen

Vegetarian Caesar Salad – Fresh, Easy Weeknight Meal

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 heads romaine lettuce, washed and torn
- [ ] 1 cup day-old baguette, cubed
- [ ] 2 tbsp olive oil
- [ ] 1/2 tsp sea salt
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 lemon, juiced

Dressing

- [ ] 1 clove garlic, minced
- [ ] 1 tsp capers, finely chopped
- [ ] 1 tsp Dijon mustard
- [ ] 2 tbsp olive oil
- [ ] 2 tbsp grated Parmesan
- [ ] 1 tsp Worcestershire sauce (vegetarian)
- [ ] Freshly ground black pepper, to taste

Instructions

1. Preheat oven to 350°F (175°C). Toss bread cubes with olive oil and sea salt, spread on a baking sheet, and bake until golden, about 8-10 minutes. Set aside to cool.
2. In a small saucepan, gently heat the minced garlic and capers in a splash of olive oil just until fragrant, about 30 seconds. Remove from heat.
3. Whisk together the garlic-capers mixture, Dijon, lemon juice, Worcestershire sauce, and 2 tbsp olive oil until emulsified. Stir in grated Parmesan and season with black pepper.
4. Place torn romaine in a large bowl, drizzle with dressing, and toss gently until leaves are lightly coated. Sprinkle toasted croutons and extra Parmesan on top.
5. Serve immediately, perhaps alongside a slice of crusty bread. If you'd like, explore related salads like Asian cucumber salad for a crisp side.

Nutrition per serving

320 kcal	12 g	22 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the dressing rest for a few minutes; it will thicken slightly.
- Taste the dressing before adding to lettuce; adjust lemon or salt as needed.
- If you prefer a nutty note, sprinkle toasted pine nuts just before serving.