



Plant-based Caesar Salad Dressing

Ingredients:

- One Can of Cannellini white beans, canned, drained, rinsed
- Water 1 to ½ cup or vegetable milk (to make dressing softer)
- Lemon juice ½ cup
- Optional: Anchovies puree ¼ of cup - do not use for plantbased recipe
- Garlic, minced 4 tsp
- Plantbased dairy free parmesan, grated ½ cup
- Optional: Extra-virgin olive oil 1/2 cup
- Black pepper, ground 1 tsp.
- Dijon mustard 1+ 1/2 tbsp as needed
- Croutons - optional
- Romaine hearts, large, chopped 12 ea

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Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories130.6

% Daily Value*

Total Fat	10.1 g	13 %
Saturated Fat	2.1 g	10 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	221.9 mg	10 %
Total Carbohydrate	8.6 g	3 %
Dietary Fiber	2 g	7 %
Total Sugars	0.6 g	
Added Sugars	0 g	0 %
Protein	2.4 g	
Vitamin D	0 mcg	0 %
Calcium	45.3 mg	3 %
Iron	1 mg	6 %
Potassium	199.5 mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com

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Method:

- For the White Bean Purée: Place beans in a food processor or blender, add water, and purée until well blended. Combine the White Bean Purée, lemon juice, (anchovy purée), minced garlic, dairy free parmesan, extra-virgin olive oil, cold water or vegetable milk as needed, and Black pepper, ground and Dijon mustard.
- Add the croutons.
- Toss salad with some of the dressing and top with the croutons.
- This recipe provides 6-8 servings.
- Extra ideas: Mix the cesar dressing with penne pasta and add your favorite vegetables like chickpeas, green peas, kale, you name it!

Rich in calcium, protein and fiber! Enjoy!!

By @chefdrdebduro