



This is a fun twist on the ever-popular Caesar salad with roasted Parmesan and lemon chickpeas instead of bread croutons, and aquafaba, the liquid from the can of chickpeas, replacing raw egg in the zesty dressing. Try grilling a cabbage wedge or radicchio instead of the romaine – or skip the grilling and serve the dressing and chickpea “croutons” on fresh romaine or other greens.

Yield: # 4 servings; 1 cup Aquafaba Caesar Dressing

Timing: Prep Time = 30” Total Time = 60”



Ingredients

Parmesan-Lemon Chickpea "Croutons":

1 can (15-ounce) chickpeas
1 clove garlic, smashed
2 tablespoons olive oil
Salt and freshly ground black pepper
2 tablespoons grated Parmesan cheese
1 teaspoon lemon zest

Aquafaba Caesar Dressing:

1/3 cup aquafaba, liquid saved from drained chickpeas
1-2 cloves garlic
2 tablespoons fresh lemon juice
1 tablespoons Dijon mustard
1 anchovy
¾ teaspoon Worcestershire sauce
¼ teaspoon salt, more to taste
¼ teaspoon ground black pepper, more to taste
½ cup olive oil

Salad:

2 romaine hearts
Olive oil
Grated Parmesan cheese

Method of Preparation (Instructions)

1. For Chickpea Croutons: Drain chickpeas, saving 1/3 cup liquid for Dressing. Rinse chickpeas and drain again. Spread chickpeas on baking sheet lined with a clean kitchen towel. Set aside 30 minutes to dry.
2. Position rack in center of oven and preheat oven to 425°F.
3. Gently warm olive oil and smashed garlic in a saucepan on the stove (or in a glass measuring cup in a microwave oven) for a few seconds, just until fragrant. Set aside for a couple of minutes to cool. Turn into a bowl and discard garlic. Add chickpeas and toss to coat.
4. Line a large, rimmed baking sheet with parchment. Spread chickpeas on sheet. Roast, stirring every 10 minutes, until chickpeas are crisp on the outside and begin to darken, 25 to 30 minutes. Remove to a plate. Stir in parmesan and lemon zest. Add salt and pepper to taste. Set aside.
5. For Dressing: In a blender container, combine aquafaba and garlic. Process until frothy, about 20 seconds. Add lemon juice, mustard, anchovy, Worcestershire sauce, salt and

pepper. Process until blended. With machine running on lowest setting, slowly pour ½ cup oil through feed tube (or lid held ajar). Add more salt and pepper, as desired. Dressing can be made a day or two ahead; cover and chill.

6. For Salad: Preheat a clean grill for direct grilling over medium- to medium-high heat. You can also use a stove-top grill pan.
7. Halve romaine hearts, leaving core intact. Place on a baking sheet. Brush all sides lightly with olive oil.
8. Grill romaine hearts, cut side down, until grill marks form, 1 to 2 minutes. With tongs, flip over and grill for another minute or two. Remove to a serving platter or plate.
9. To serve, Spoon dressing over romaine, sprinkle with parmesan cheese and chickpea croutons.

Utensils/Equipment Needed

Strainer, baking sheet, spatula or spoon, blender, zester, measuring cups and spoons, brush, grill (optional)