



The Ultimate Vegan Caesar Salad: Crunchy, Creamy, and Completely Irresistible

Description

This Vegan Caesar Salad is a plant-based twist on the classic favorite. Featuring crisp romaine, a rich and tangy cashew-based Caesar dressing, and crunchy roasted chickpeas instead of croutons, this salad is both satisfying and nutritious. Perfect for a light lunch or as a side dish for any meal!

Ingredients:

For the Salad:

- 1 large head romaine lettuce, chopped
- 1/2 cup cherry tomatoes (optional)
- 1/4 cup vegan Parmesan (store-bought or homemade)
- 1/2 avocado, sliced (optional)

For the Crispy Chickpeas:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper

For the Cashew Caesar Dressing:

- 1/2 cup raw cashews, soaked for 2 hours or boiled for 10 minutes
- 1/4 cup water
- 2 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1 tbsp capers
- 1 tbsp nutritional yeast
- 1 tsp vegan Worcestershire sauce
- 1 clove garlic
- Salt and black pepper to taste

Instructions:

Step 1: Roast the Chickpeas

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel, removing as much moisture as possible.
3. In a bowl, toss chickpeas with olive oil, garlic powder, smoked paprika, salt, and black pepper.

4. Spread evenly on the baking sheet and roast for 20–25 minutes, shaking the pan halfway through, until golden and crispy.

Step 2: Make the Dressing

1. Drain and rinse the soaked cashews.
2. Blend all dressing ingredients in a high-speed blender until smooth and creamy.
3. Taste and adjust seasoning, adding more lemon juice for tanginess or water to thin.
4. Set aside or store in the fridge for up to 5 days.

Step 3: Assemble the Salad

1. In a large salad bowl, toss chopped romaine with the Caesar dressing.
2. Add the cherry tomatoes, avocado slices (if using), and vegan Parmesan.
3. Top with crispy chickpeas for crunch.
4. Serve immediately and enjoy!