Heart–Healthy Recipe Cards

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## Title:
Caesar Salad With Mom’s Homemade Croutons

## Category:
Lunch

## Advantage:
This Caesar Salad is fresh and light, much healthier than with a creamy bottled or traditional homemade Caesar dressing. Add grilled chicken or salmon on top - and you have a great one dish meal.

### Ingredients:

**Homemade Croutons** -
- French or other dense bread
- Olive oil
- Garlic powder
- Optional: fresh herbs such as basil, rosemary, dill, oregano

**Salad Dressing** -
- 1 clove garlic, minced
- 2 tbs. Lemon juice (fresh is best)
- 2 tbs. Red wine vinegar
- ½ tsp. Worcestershire sauce
- ⅛ cup parmesan cheese, shredded
- Fresh black pepper
- Kosher or sea salt

**Romaine Lettuce** (1 Head or 1 Bag) - washed and chilled

### Directions:

#### Homemade Croutons –
1. Cut bread into cube sized pieces
2. Fill a large zipper bag with about 2 tbs. of olive oil, then add bread cubes
3. Shake around to coat the bread with oil
4. Shake on garlic powder and herbs if using them
5. Bake on a cookie sheet for about 30 minutes, at 350 degrees. Turn half way through cooking.
6. Store in an air tight container after cooling.

#### Salad Dressing –
1. Combine olive oil, garlic, vinegar, lemon juice, parmesan and Worcestershire sauce
2. Whisk – adding salt and pepper
3. Toss over chilled lettuce in large salad bowl
4. Add croutons – serve immediately

### Tips:
These croutons are great on soups and in all salads. They can also be used on casseroles and are much healthier than packaged croutons.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 Salad</td>
<td>310</td>
<td>14g</td>
<td>4g</td>
<td>900mg</td>
<td>37g</td>
<td>4.5g</td>
<td>14g</td>
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</tbody>
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