



Makes 12 cups

Preparation Time: 20 minutes

Cook Time: 15 minutes

INGREDIENTS:

½ cup unsalted raw cashews

6 tablespoons white wine vinegar

6 tablespoons unsweetened almond milk

4 tsp. Dijon mustard

6 cloves garlic

Sea salt, to taste

Freshly ground black pepper, to taste

4 slices sprouted whole grain bread

3 hearts of romaine lettuce, halved lengthwise

1 head radicchio, halved

1 15-oz. can no-salt-added cannellini beans, rinsed and drained

1½ cups halved cherry or grape tomatoes

Grilled Romaine Salad

With the nutty, cheesy flavor of blended cashews and the subtle tang of vinegar and mustard, the dressing on this Grilled Romaine Salad tastes a lot like traditional Caesar dressing yet contains no cholesterol. Homemade garlicky croutons serve as a crunchy counterpoint to the tender grilled lettuce.

By Carla Christian, RD, LD

- 1** Preheat oven to 325°F. For dressing, in a blender or food processor combine cashews, vinegar, almond milk, mustard, and 4 of the garlic cloves. Cover and blend or process until smooth. Season with salt and pepper.
- 2** For croutons, halve the remaining 2 garlic cloves. Rub cut sides of garlic on bread slices. Cut bread into ½-inch cubes and spread on a baking sheet. Bake 10 to 15 minutes or until crispy.
- 3** Place romaine and radicchio, cut sides down, on grill rack. Grill, covered, over medium-high 2 to 3 minutes or until lightly charred. Coarsely chop grilled greens, discarding cores.
- 4** In a large bowl combine greens, beans, and tomatoes. Toss with dressing; top with croutons.