Romaine Caesar Salad with Crispy Chickpea Croutons

Crisp romaine tossed in a tangy vegan Caesar, crowned with crunchy chickpea croutons.

20 min	30 min	50 min	4	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Salad Base

- [ ] 2 heads romaine lettuce, washed and torn
- [ ] 1/4 cup grated vegan Parmesan (optional)
- [ ] Freshly cracked black pepper to taste

Crispy Chickpea Croutons

- [ ] 1 can (15 oz) chickpeas, drained and rinsed
- [ ] 1 tbsp olive oil
- [ ] 1/2 tsp smoked paprika
- [ ] 1/4 tsp sea salt

Vegan Caesar Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tbsp Dijon mustard
- [ ] 2 tsp capers, minced
- [ ] 2 tbsp nutritional yeast
- [ ] 1 clove garlic, minced
- [ ] 1 tsp maple syrup
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 425°F (220°C). Pat the chickpeas dry with a kitchen towel—this is key for crispness.

2. Toss chickpeas with olive oil, smoked paprika, and sea salt; spread on a baking sheet and roast for 25-30 minutes, shaking halfway, until golden and crunchy.



3. While the chickpeas roast, whisk together olive oil, lemon juice, Dijon mustard, minced capers, nutritional yeast, garlic, maple syrup, salt, and pepper until smooth.



4. In a large bowl, combine torn romaine with the dressing, tossing gently to coat evenly.



5 Top the dressed lettuce with the roasted chickpea croutons, a pinch of vegan Parmesan, and a generous grind of black pepper. Serve immediately.



Nutrition per serving

320 kcal	10 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a pinch of cayenne to the chickpea seasoning.
- Use a microplane for the vegan Parmesan if you like a finer texture.
- The dressing can be thinned with a splash of water if too thick.