

Zucchini Bread Recipes

Vegetarian Caesar Salad – Fresh Healthy Twist

20 min Prep time	**10 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Salad

- [ ] 1 large head romaine lettuce, chopped
- [ ] ½ cup grated Parmesan cheese
- [ ] 1 cup whole-grain bread, cubed

Dressing

- [ ] ¼ cup Greek yogurt (or plant-based yogurt)
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp apple cider vinegar
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp maple syrup
- [ ] 1 garlic clove, minced
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Preheat a skillet over medium heat, add a drizzle of olive oil and the bread cubes; sprinkle with a pinch of salt and toss until golden and crisp, about 5 minutes. Set aside to cool.

2. In a bowl, whisk together the Greek yogurt, olive oil, lemon juice, apple cider vinegar, Dijon mustard, maple syrup, and minced garlic until smooth. Season with salt and pepper, then fold in the grated Parmesan.



3. Place the chopped romaine in a large mixing bowl, drizzle with a little of the dressing, and toss gently to coat the leaves without wilting them.



4. Add the remaining dressing, toss again, then top with the toasted croutons and a generous sprinkle of extra Parmesan. Serve immediately.



Nutrition per serving

320 kcal	12 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a vegan version, use plant-based yogurt and nutritional yeast instead of Parmesan.
- A splash of avocado mix can add extra creaminess to the dressing.
- For extra zing, grate a bit of lemon zest into the dressing right before serving.