

Creamy Caesar Salad

Recipe By Rorie Weisberg



Cooking and Prep:  15
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Serves:  6

Contains: 

Preference: Parve

Difficulty: Medium

Diet: Paleo, Gluten Free, Low Carb, Sugar Free, Vegetarian, Pescetarian

Source: Family Table by Mishpacha Magazine

When you are working on tuning in to your hunger cues, do your best to ensure that you are eating a balanced diet, full of healthy proteins, fats and carbohydrates. This salad and its dressing will balance out any protein with a combo of veggies and healthy fats in the dressing. It is hard to find really clean options for creamy dressings, but this is one of them! The arugula in this recipe might taste bitter to some, but it has a unique flavor that's pleasing to the palette. I usually use half arugula and half mixed greens, but include it to taste. When I make this salad, I try to use tricolor cherry tomatoes. It adds a pop of color to the salad that makes it even more appealing. The avocado in the salad is just because I'm hooked on avocado! Change it up as you like – it's the dressing that's the wow here.

Ingredients (13)

Salad

2 cups mixed greens

2 cups arugula (or replace with greens of your choice)

12 cherry or grape tomatoes, sliced in half

3 sticks **Gefen Hearts of Palm**, sliced in circles

1/2 – 1 whole avocado

Full 'N Free Caesar Dressing

2 eggs at room temperature (buy pasteurized eggs or pasteurize them yourself by holding the egg in 140°F/60°C water for four minutes)

2 cups avocado oil or **Gefen Olive Oil** (olive oil has a very strong taste)

1/4 cup **Tonnelli Apple Cider Vinegar**

1/2 tablespoon garlic salt

1/2 tablespoon salt

1 teaspoon pepper

1 tablespoon yellow mustard (*optional*)

additional 1–4 tablespoons water

Start Cooking

Make the Dressing

1. In the bowl of a food processor fitted with the S blade, beat eggs at medium speed for three to five minutes. Add oil in a steady stream and continue to beat until a thick mayonnaise is produced.
2. With the food processor on low-medium speed, drizzle in apple cider vinegar and pulse until incorporated. Add garlic, salt, pepper and mustard and mix until incorporated.
3. Add one tablespoon of water at a time to thin the dressing until you reach desired consistency. Some people like a thinner dressing and others like it thick. Adjust to taste.

Note:

This dressing keeps in the fridge for up to 10 days.

Prepare the Salad

1. Combine salad ingredients in a large serving bowl. Pour over desired amount of dressing and toss to coat; serve immediately.