



Joyce's white bean Caesar salad

YIELD: 18 PORTIONS

INGREDIENTS

White Bean Purée

White beans, canned, drained, rinsed 30 oz.

Water 1 cup

Dressing

White Bean Purée (see above) 2 cups

Lemon juice 1/2 cup

Anchovies, puréed 1/4 cup

Garlic, minced 4 tsp.

Parmesan, grated 1/2 cup

Extra-virgin olive oil 1 cup

Water, cold 1/2 cup

Ground black pepper 1 tsp.

Dijon mustard (optional) as needed

Croutons

Baguettes, thinly sliced, brushed 2 ea. with garlic oil

Romaine hearts, large, chopped 12 ea.

DIRECTIONS

1. For the White Bean Purée: Place beans in a food processor or blender, add water, and purée until well blended.
2. For the Dressing: Combine the White Bean Purée, lemon juice, anchovy purée, minced garlic, Parmesan, extra-virgin olive oil, cold water as needed, and Black pepper, ground. You may add a bit of Dijon mustard if you like.
3. For the Croutons: Bake at 350°F until crisp.
4. Toss salad with some of the Dressing and top with the Croutons.

Notes: If using dried beans, soak 1/2 cup dried white beans in cold water over night. Drain and place in a saucepan and cover with fresh water. Bring to a boil and reduce heat to a simmer. Cook until tender, about 30 minutes. Store the beans in their cooking liquid. Cool completely then purée beans in a food processor or blender.

Nutrition Information (per portion/serving)

Calories: 420 / Protein: 10 g / Carbohydrate: 31 g / Fiber: 5.5 g / Carbohydrate to fiber ratio: 5.5

Saturated fat: 4.5 g / Polyunsaturated fat: 3 g / Monounsaturated fat: 20 g

Trans fat: 0 g / Sodium: 565 mg / Potassium: 325 mg / Added sugar: 0 g