

MODIFIED CAESAR SALAD

Yield: 6 portions

Ingredients	Amounts
Romaine hearts, large	6 ea.
<i>Dressing</i>	
White bean purée (see note)	1 cup
Anchovies, puréed	2 Tbsp.
Lemon juice, fresh	4 Tbsp.
Garlic, minced	2 tsp.
Parmesan, grated	4 Tbsp.
Extra virgin olive oil	½ cup
Water, cold	¼ cup
Black pepper	½ tsp.
<i>Croutons</i>	
Baguettes, thinly sliced, brushed with garlic oil	12-18 ea.

Method

1. *For the dressing:* Combine the white bean purée, lemon juice, anchovy puree, minced garlic, Parmesan, extra virgin olive oil, cold water as needed, and ground black pepper. You may add a bit of Dijon mustard if you like.
2. *For the croutons:* Bake at 350°F until crisp.

Note: Drain 1 can of white beans and rinse. Place in the container of a food processor and add ½ cup of water. Purée in the food processor or blender. Reserve 1 cup purée for the recipe.

For dried beans: Soak ½ 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.

You may use the oil from the anchovies if you used oil-packed instead of salt-packed. This will keep for up to 3 days in the refrigerator.

Recipe credit: Joyce Goldstein, as presented at the 2010 Worlds of Healthy Flavor Conference.
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