

# Caesar- Style Salad

**Makes:** 50 or 100 Servings

50 Servings

100 Servings

| Ingredients   | Weight | Measure   | Weight | Measure   |
|---|--------|-----------|--------|-----------|
| Non-stick cooking spray                                     |        | As needed |        | As needed |
| French bread, cut into 1" cubes                             | 2 lb   |           | 4 lb   |           |
| Lemon juice   |        | 1 cup     |        | 2 cup     |
| Dijon mustard   |        | 4 Tbsp    |        | 1/2 cup   |
| Garlic, minced  |        | 4 Tbsp    |        | 1/2 cup   |
| Black pepper, ground  |        | 1 Tbsp    |        | 2 Tbsp    |
| Olive oil, extra virgin                                     |        | 1 cup     |        | 2 cups    |
| Iceberg lettuce, cut into bite size pieces                  |        | 10 heads  |        | 20 heads  |
| Romaine lettuce, washed and spun, cut into bite size pieces |        | 10 heads  |        | 20 heads  |
| Parmesan cheese, grated                                     |        | 1 1/2 cup |        | 3 cups    |

## Directions

1. Preheat oven to 375° F. Spray evenly to coat baking sheet.
2. Spread bread for croutons onto sprayed baking sheet and bake for 10-15 minutes until golden color and crispy. Let cool.

### For Dressing:

1. In a mixing bowl, combine lemon juice, Dijon mustard, garlic and black pepper.
2. Whisk in oil, slowly at first and continue whisking until all of oil has been added.
3. Place toasted (cooled) croutons into large bowl and drizzle with a slight amount of dressing just to coat.
4. Add chopped lettuces to croutons and add the remainder of dressing. Add parmesan cheese and toss lightly to evenly coat.
5. Serve 8 oz. (1 cup) salad immediately

## Nutrition Information

| Key Nutrients  | Amount   | % Daily Value* |
|----------------|----------|----------------|
| Total Calories | 132      |                |
| Total Fat      | 6.2 g    |                |
| Protein        | 4.9 g    |                |
| Carbohydrates  | 13.8 g   |                |
| Dietary Fiber  | 3 g      |                |
| Saturated Fat  | 1.9 g    |                |
| Sodium         | 209.5 mg |                |

## Meal Components

|            |       |
|------------|-------|
| Vegetables | 1 cup |
|------------|-------|

