

## **Grilled Caesar Salad**

### **Ingredients:**

3 romaine lettuce hearts cut in half – keep stem ends attached  
12 slices of bacon diced and cooked until crispy (save drippings)  
4 slices of thick whole wheat bread  
½ cup Parmesan cheese grated into large flakes  
Caesar salad dressing (recipe follows)

### **Method:**

Heat bacon drippings in large fry pan until liquid again.  
Slice bread into 1” cubes and toss with bacon drippings in the fry pan to coat.  
Set aside to cool.  
Meanwhile, make the salad dressing and set aside.  
5 minutes before serving, place romaine halves on a medium hot grill for 15 to 30 seconds or until lightly charred and slightly wilted around the edges. This works best on a charcoal grill with lots of smoke to flavour the lettuce.  
Remove the romaine and brush each half with dressing, croutons, bacon bits and grated Parmesan.  
Finish with freshly ground salt and pepper to taste.

### **Caesar Salad Dressing**

(from *2CleverCooks* cookbook - *people friendly food* )

### **Ingredients:**

⅓ cup Highwood Crossing cold pressed canola oil  
⅓ cup olive oil  
2 large garlic cloves, minced  
1 tbsp lemon juice  
1 tbsp anchovy paste  
1 tbsp finely ground flax seed  
1 tbsp Dijon mustard

### **Method:**

Put all ingredients in the blender and blend for a few minutes until they are fully emulsified. The flax, garlic and Dijon help to keep the oil and lemon from separating.  
Makes about 1 cup.