



Vegan Lunch

Un-Caesar with Rosemary and Thyme Croutons

Serves: 4

Time: 15 minutes

ingredients

- 2 heads romaine lettuce, washed and dried (dark outer leaves discarded)
- 1 cup sunflower seeds
- 1/2 cup fresh lemon juice
- 1/4 cup extra virgin olive oil
- 3/4 cup water
- 2 large cloves garlic, peeled and smashed
- 1 tablespoon capers
- 2 teaspoons smoked dulce flakes
- 1/2 teaspoon salt
- freshly ground pepper
- Rosemary and Thyme Croutons (recipe follows)

preparation

Tear the lettuce into small pieces and place in a large salad bowl.

Meanwhile, toast the sunflower seeds in a dry skillet over medium heat for about five minutes or until just barely browned and starting to smell nutty and fragrant. Put them in a blender with the remaining ingredients (except, of course, the croutons). Blend until fairly smooth. Dress the lettuce with as much dressing as you'd like. Serve with the Rosemary and Thyme Croutons.