

Macrobiotic Recipe of the Month - June 2009

Caesar Salad with Homemade Croutons

Dressing:

2 tablespoons blanched almonds
2 cloves garlic, minced
2 tablespoons Dijon mustard
3 tablespoons nutritional yeast
2 tablespoons tamari (tamari is wheat free) soy sauce
3 tablespoons of fresh lemon juice
1/4 cup spring or filtered water
1 tablespoon olive oil



Combine all ingredients in a food processor, starting with the almonds on their own first.

Croutons:

5-6 slices of whole wheat sourdough bread, cubed
olive oil
1/2 teaspoon each rosemary, marjoram, basil, sea salt

Fry bread in oil and herbs. For crunchier croutons bake for 5-10 minutes. Dress one large head of Romaine, add croutons.

Note: For the croutons, I use bread from Black Crow Bakery (Litchfield, Maine) or Mother's Oven (Bowdoinham, Maine), which have ingredients like flour, sea salt and sourdough starter and sometimes kalamata olives. These breads can be found at Whole Foods (Portland) and at Royal River Natural Foods (Freeport).

Enjoy! ~Meg

For more recipes and information on macrobiotics please visit Meg's Website:
www.megwolff.com, and her blog at: www.becoming-whole.com.