
Healthy Caesar Salad with Seared Salmon

Description

Here is an easy, low-calorie Caesar dressing that uses tofu as the thickening agent (no raw egg!) and an easy recipe for delicious, home-made croutons. This salad rivals the best restaurant versions

Total time: 30 min Yield: 4 Servings

Ingredients

1 lb salmon fillet (pin bones removed)
1 tsp garlic salt
1/4 tsp fresh ground black pepper
cooking spray
10 cup romaine lettuce
2 cup croutons*
2 large garlic cloves
1/3 small block firm or medium tofu
4 Tbsp parmesan cheese (grated; plus extra for garnishing salad)
2 Tbsp low-calorie mayonnaise
3 Tbsp fresh squeezed lemon juice
1 Tbsp Dijon mustard
1 tsp Worcestershire sauce
1/2 tsp salt
1 squ anchovy paste (can substitute 3 anchovy fillets or big splash of Asian fish sauce)

Prep Time: 30 min Total Time: 30 min

Instructions

Coat a large pan with cooking spray and heat on medium-high heat. Remove any bones in the salmon with pliers or tweezers. If the skin is still on, that's okay, it peels right off once your fish is cooked. Season with garlic salt and pepper then place fillet onto pan (skin side down), cook for about 3 to 4 minutes each side, fish is done when flesh is opaque. Remove skin, if needed. Cut cooked fillet into appropriate number of servings, set aside.

To make the dressing, you'll need a blender or food processor – it's so easy! combine the garlic cloves, tofu, parmesan cheese, low-calorie mayonnaise, lemon juice, Dijon mustard, Worcestershire sauce, salt, ¼ teaspoon pepper and anchovy paste together and blend until smooth.

In a large bowl, toss romaine with about 1/3 cup of the dressing, add croutons then divide onto salad plates and top with salmon. Liberally sprinkle salads with parmesan cheese for garnish.

*Making your own croutons is a great way to use up old bread. I use the ends of whole wheat bread loaves or French bread. Cut into ½" to 1" squares, toss with a little olive oil and season with Italian blend seasoning, pepper, garlic salt and a little parmesan cheese. Bake until toasted.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai