

FIT RX Recipe Card

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GRILLED CAESAR SALAD

TIME TO PREPARE
30 MINUTES

TIME TO COOK
10 MIN

INGREDIENTS

Caesar Dressing:

- 2 garlic cloves
- 4 Anchovy Fillets
- 2-3 Tbsp. Dijon Mustard
- 1 Tbsp. Balsamic Vinegar
- ½ Fresh Lemon, Juiced
- ½ Cup Olive Oil
- 1 Tsp. Worcestershire Sauce
- Cracked Black Pepper
- ¼ Cup Fresh Grated Parmigiano-Reggiano

Salad:

- 6-8 Hearts of Romaine – slice in half through the core
- Olive Oil

PROCEDURE

Dressing Prep:

1. Place anchovies garlic, Dijon Mustard, Worcestershire Sauce, and Balsamic Vinegar in a blender or food processor. Add lemon juice.
2. Pulse on low for several minutes, scrape sides as needed. Drizzle olive oil into the mixture slowly, mix and scrape sides as needed
3. Add salt, black pepper and Parmesan cheese. Pulse the whole thing together and mix.
4. Refrigerate the dressing for a few hours before using.

Salad Prep:

1. Pre-heat grill to medium high.
2. Brush romaine halves with olive oil on both sides and season with salt and pepper.
3. Place on grill and cook for 2-3 minutes per side, until nicely charred.
4. Placed 2 cooked romaine halves on one place and drizzle with dressing top.