



Adam's Caesar Salad



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 170, calories from fat 150,
total fat 16g, saturated fat 3g,
cholesterol 35mg, sodium 135mg,
total carbohydrate 6g, dietary fiber
2g, sugars 1g, protein 3g, vitamin A
70%, vitamin C 20%, calcium 6%,
iron 6%

- Dressing
- 1 tsp minced garlic
- 1 tsp anchovy paste
- ¼ tsp Tabasco
- ¼ tsp Worcestershire
- 1 egg yolk
- 1 ½ tsp Dijon mustard
- 3 oz Food Club extra virgin olive oil
- 1 head Romaine, torn into pieces
- ¼ cup Parmesan cheese, divided
- 1 cup croutons

DIRECTIONS:

1. Combine first 6 ingredients in a bowl and whisk; while whisking slowly add olive oil until mixed.
2. In large bowl toss lettuce and half of the cheese. Add dressing to coat greens. Plate salad and garnish with remaining cheese and croutons.

Source: Adam Federspiel, Chef

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Shopping List

PRODUCE:

- Garlic
- 1 head Romaine

DAIRY:

- Egg
- Parmesan cheese

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Tabasco sauce
- Worcestershire sauce
- Anchovy paste
- Dijon mustard
- Extra virgin olive oil
- Croutons

FOLD