Treasure Barrel

Romaine Caesar Salad with Crispy Chickpea Croutons

Vegan Caesar with chickpea croutons – fresh, crunchy, and ready fast.

15 min	10 min	25 min	4	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 large head romaine lettuce, torn
- [ ] 1 cup canned chickpeas, drained and rinsed
- [ ] 2 tbsp olive oil
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp sea salt

Dressing

- [ ] 3 tbsp tahini
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp Dijon mustard
- [ ] 1 clove garlic, minced
- [ ] 1 tbsp capers, minced
- [ ] 1 tbsp nutritional yeast
- [ ] 1 tsp maple syrup
- [ ] 2 tbsp water (adjust for thickness)

Instructions

1. Preheat the oven to 400°F (200°C). Toss the chickpeas with olive oil, smoked paprika, and sea salt; spread on a baking sheet and roast for 12-15 minutes, shaking halfway, until golden and crisp.
2. While the chickpeas roast, rinse the romaine, spin dry, and tear into bite-size pieces; place in a large bowl.
3. In a small jar, combine tahini, lemon juice, mustard, minced garlic, capers, nutritional yeast, and maple syrup. Shake vigorously, then thin with water until the dressing is pourable.
4. Drizzle half of the dressing over the lettuce, toss gently to coat; reserve the rest for serving.
5. When the chickpeas are done, let them cool for a minute, then scatter them over the salad.
6. Finish with a final drizzle of the remaining dressing, a pinch of extra sea salt, and serve immediately. Contact us if you have any questions.

Nutrition per serving

320 kcal	12 g	28 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra tang, add a splash of apple cider vinegar to the dressing.
- Roasting time may vary; watch closely to avoid burning the paprika.
- For a lower-sodium version, reduce the added sea salt.