**CAESAR SALAD**

One recipe per unit of 4-5 people

**Croutons**

2-3 slices of bread, **cubed**

10-15 mL oil (5 mL per bread slice)

3 mL garlic powder

1 mL each of oregano and basil

**Dressing**

C:\Documents and Settings\dr12524\Local Settings\Temporary Internet Files\Content.IE5\D9KDSD0X\MC900347087[1].wmf60 mL light mayonnaise

15 mL grated parmesan cheese

1 clove of garlic, finely minced

2 mL lemon juice

5 mL Dijon mustard

30 mL water

Dash Worcestershire sauce

Pinch cayenne pepper

Black pepper to taste

**Salad**

1 heart of romaine lettuce

30 mL grated parmesan cheese

**Instructions**

1. Preheat oven to 250˚F (120˚C).
2. Cut up bread into cubes about the size of game dice. Combine 10-15 mL of oil, 3 mL garlic powder and 1 mL each of oregano and basil in a medium mixing bowl. Add bread cubes to the oil-spice mixture and toss with a fork or a wooden spoon. Spread coated bread cubes out on a sheet pan and bake for 20-25 minutes or until dry and crunchy.
3. Rinse lettuce thoroughly in cold water; lay leaves on a clean tea towel and pat dry carefully with another clean tea towel. Tear or chop romaine lettuce leaves into bite-size pieces and place in a large bowl.
4. Meanwhile, in small bowl, combine mayonnaise, 15 mL parmesan, 30 mL water, mustard, minced garlic, lemon juice, Worcestershire, cayenne pepper, and black pepper. Whisk with a fork or a whisk to mix well.
5. Pour dressing over romaine lettuce and toss to mix. Add croutons and 30 mL grated Parmesan cheese; toss again.
6. Serve in salad bowls or on luncheon plates.