



7.16.15

Chipotle Vegan Caesar Salad with Grilled Cauliflower Steaks

yields: 3-4 large salads // gluten-free, vegan

for the cauliflower:

- 3 tablespoons avocado oil (or other high-heat cooking oil)
- 3 tablespoons lime juice
- 2-3 tablespoons chipotle adobo sauce
- 1/8 teaspoon garlic powder
- 1 large head cauliflower
- salt + pepper
- 1 1/2 cups chickpeas, rinsed + drained (plus oil, s+p for grilling)

for the dressing + salad:

- 1 cup “soft” silken tofu
- 2 tablespoons extra virgin olive oil
- 1 1/2 tablespoons white wine vinegar
- 1 tablespoon lemon juice
- 1 medium clove garlic, peeled
- 1 1/2 - 3 teaspoons chipotle adobo sauce
- 2 teaspoons Braggs liquid aminos (or gluten-free tamari)
- 2 teaspoons drained capers
- 1 1/2 teaspoons dijon mustard
- 1/4 teaspoon pepper
- salt, to taste
- 1, 5oz package Earthbound Farm Kale Italia (baby kale, chopped lacinato kale, etc.)
- 1 medium head romaine lettuce, washed, chopped + dried
- lemon wedges

Drain tofu in a fine-mesh strainer over a bowl or the sink. Or, spread on a doubled over kitchen towel and let drain for about 10-15 minutes. (Don't press on the tofu, just let it drain.)

Whisk together cauliflower marinade ingredients: oil, lime juice, adobo sauce, and garlic powder. Set aside. Place washed cauliflower head on a cutting board stem end down. Starting in the center and chopping straight down, cut about 3/4-inch thick steaks. Usually I get about 3 that hold fully together. Keep as many of the steaks in tact as possible. Cut away some of the stem + leaves, while still keeping the steaks in tact. Smaller steaks are also fine (see photo below). Avoid chopping into florets.

Preheat your grill to 400° F and place cauliflower on a large-rimmed baking sheet. Pour on the marinade. Gently rub on all sides. Sprinkle with salt and pepper. Set aside.

While the grill preheats, place tofu, oil, vinegar, lemon, garlic, 2 teaspoons adobo sauce, braggs, capers, dijon, and pepper into your blender. Blend until smooth. Taste. Add more salt (not more braggs), pepper, and/or adobo sauce if desired. The dressing should have a noticeable chipotle flavor but still taste very much like a caesar dressing. Place dressing in a sealed jar in the fridge.

Place steaks on your grill for about 10-15 minutes, until starting to lightly char and become tender. Toss chickpeas with oil and a sprinkle of salt + pepper. Place on a grill pan and grill until golden brown, stirring a few times, 15-20min. Remove once done. Flip cauliflower and grill another 10-12 minutes. Test with a fork for doneness.

While steaks grill, prepare your greens. Mix romaine and Kale Italia at a 1:1 ratio (in a large bowl or individual servings). Once cauliflower is done, place on each salad while warm and to with chickpeas. Shake dressing, then pour on and serve with a lemon wedge.

Notes:

Other serving methods: 1. Mix greens with the dressing and serve with cauliflower, chickpeas, remaining dressing, and lemon on the side. 2. Chop cauliflower and toss with the salad, chickpeas, and dressing. Serve with lemon.

To roast cauliflower and chickpeas in the oven: Place both on a separate baking sheets lined with parchment paper. Roast cauliflower for about 10-15 minutes per side, until tender and golden brown on both sides. Roast chickpeas for about 25-30 minutes, until golden brown, turning a few times.