



# Jean-Michel's "Cousteau" Salad

An ocean and earth friendly version  
of the classic Caesar Salad



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[www.oceanfutures.org/jean-michels-cousteau-salad](http://www.oceanfutures.org/jean-michels-cousteau-salad)

## RECIPE

FOR:

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## INGREDIENTS:

### FOR THE "COUSTEAU" DRESSING:

- 1/2 cup raw cashews, soaked overnight
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/2 tablespoon Dijon mustard
- 1/2 tablespoon garlic powder
- 1 small garlic clove
- 1/2 tablespoon vegan Worcestershire sauce (for example: Annie's brand)
- 2 teaspoons capers
- 1/2 teaspoon fine grain sea salt and pepper

### FOR THE CHICKPEA "CROUTONS"

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon smoked paprika (optional)

### FOR THE LETTUCE

- 5 cups baby kale
- 3 medium heads of romaine lettuce
- 1 cup cherry tomatoes - halved

## INSTRUCTIONS:

1. In advance, soak cashews in a bowl of water overnight, or for at least a few hours.
2. Roast chickpea "cROUTONS": Preheat oven to 400°F. Drain and rinse chickpeas. Place chickpeas in a kitchen towel and rub dry. Place onto baking sheet. Drizzle oil and mix to coat. Sprinkle the garlic powder, salt, and optional paprika. Toss to coat. Roast for 20 minutes, then gently roll the chickpeas around in the baking sheet. Roast for another 10-20 minutes, until lightly golden.
3. Prepare the dressing: Add the cashews (reserve their soaking water) and all other dressing ingredients (except salt) into a high-speed blender, and blend on high until the dressing is super smooth. Add 1-3 Tablespoons of the cashew soaking water to get it blending. Add salt to taste and adjust other seasonings, if desired. Set aside.
4. Prepare the lettuce: Chop up the romaine into bite-sized pieces. Wash baby kale and romaine; dry in a salad spinner. Place into large bowl.
5. Assemble: Add dressing onto lettuce and toss until fully coated. Season with a pinch of salt and toss again. Sprinkle on the cherry tomatoes and roasted chickpea "cROUTONS". Serve immediately. Bon Appétit!