



Seedy Caesar Panzanella

A little over 1 cup dressing, enough salad for 4-6 people

Nut Free Caesar Dressing

- ½ cup plain, nondairy milk
- ¼ cup tahini
- 2 tablespoons olive oil
- 2 tablespoon raw hemp seeds
- 2 tablespoons lemon juice
- Zest from ½ a lemon*
- 2 cloves of garlic
- 2 teaspoons Braggs Liquid Aminos or tamari
- 1 teaspoon ume plum vinegar or ¼ teaspoon salt
- 1 teaspoon Dijon Mustard
- 2 teaspoons nutritional yeast
- 1 teaspoon capers and brine

- ½ a loaf of sourdough bread, cute into bite-size pieces, about 8 cups
- 2 tablespoons olive oil
- 2 Persian cucumbers, cut into bite-sized pieces
- 2 large beefsteak or heirloom tomato, cut into chunks
- ½ of a red onion, sliced
- 3 watermelon or regular radishes, sliced
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh chives
- 1 cup cooked quinoa, optional
- 1 romaine heart, cut into ribbons, optional
- Salt and pepper to taste

First you want to make the dressing. Grab a food processor or blender and throw in the nondairy milk, tahini, olive oil, raw hemp seeds, lemon juice and zest, garlic, Braggs Liquid Aminos, plum vinegar, mustard, and nutritional yeast. Blend until you've got a nice smooth dressing. Add the capers and pulse until they are combined in but not entirely pulverized. Stick this in the fridge to thicken up while you make the rest of the salad. This will keep for up to 5 days in the fridge in case you want to make a large batch for the week.

Grab your largest sauté or braiser pan and warm up the olive oil over a medium high heat. Add the bread and toss it all together, stir often, until the bread is toasted, no more than 10 minutes. Let the bread cool while you chop up the rest of the salad ingredients.

Just before you're ready to serve. Toss together the cucumbers, tomatoes, and radishes in a large bowl. Fold in the bread cubes and $\frac{1}{4}$ of the dressing and stir until everything is nicely mixed up. Sprinkle in the herbs, and quinoa and/or romaine and toss again. Taste and add more dressing or salt and pepper to get it where you like it. Serve right away with extra fresh herbs on top.

*or one quarter of a preserved lemon, rind only