



## Cool Caesar Salad for One

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 1 - 1**

### Fun-Da-Mentals Kitchen Skills

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- Small bowl
- Measuring spoons
- Small whisk or metal spoon
- Small plate

### Ingredients

#### Cool Caesar Salad for One

- 1 T mayonnaise **\*\*(for EGG ALLERGY sub egg-free vegan mayonnaise)\*\***
- 1/2 T grated Parmesan cheese **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free grated Parmesan cheese)\*\***
- 1/2 tsp lemon juice (fresh or bottled)
- 1/8 tsp Dijon, brown, or yellow mustard
- 1/8 tsp garlic powder

- 1 pinch ground black pepper
- 1 pinch salt
- 1 to 2 leaves romaine lettuce
- 2 T croutons **\*\***(Omit for GLUTEN ALLERGY or sub gluten-free/nut-free croutons)**\*\***

## Food Allergen Substitutions

### Cool Caesar Salad for One

**Egg:** Substitute egg-free vegan mayonnaise.

**Dairy:** Substitute dairy-free/nut-free grated Parmesan cheese.

**Gluten/Wheat:** Omit croutons or substitute gluten-free/nut-free croutons.

## Instructions

### Cool Caesar Salad for One

#### measure + whisk

Kid chefs will prepare the salad dressing by measuring and adding **1 tablespoon mayonnaise, 1/2 tablespoon grated Parmesan cheese, 1/2 teaspoon lemon juice, 1/8 teaspoon mustard, 1/8 teaspoon garlic powder, 1 pinch of black pepper,** and **1 pinch of salt** to a small bowl. Whisk the ingredients together.

#### wash + dry + tear

Have kids wash and dry **1 to 2 leaves of romaine lettuce**. Tear them into bite-sized pieces.

#### arrange + sprinkle

Kids can arrange the romaine lettuce pieces on a small plate and sprinkle **2 tablespoons of croutons** on top of the lettuce.

#### drizzle + serve

Kid chefs can drizzle their dressing on top of their salads. It makes a great side to go with pizza, like **Mug-nificent Microwave Pizza**.