



Grilled Caesar Salad

4 servings
 30 minutes

Ingredients

- 8 slices Organic Bacon
- 1 Garlic (whole bulb)
- 1/3 cup Extra Virgin Olive Oil (plus some extra for brushing)
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 4 heads Romaine Hearts (halved)
- 1/4 cup Parmigiano Reggiano (grated or shaved)

Nutrition

Amount per serving	
Calories	413
Fat	40g
Saturated	11g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	10g
Cholesterol	43mg
Sodium	551mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Line a baking sheet with foil or parchment paper. Spread your bacon across the baking sheet.
- 3 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap with foil. Place both the bacon and the garlic in the oven. Let your garlic roast for 30 minutes. Let your bacon cook for about 8 minutes per side or until crispy. (Tip: Set two separate timers.)
- 4 When the bacon is cooked, wrap bacon in paper towel to absorb the grease and then chop into fine pieces and set aside.
- 5 When the garlic is finished, let it cool and squeeze all the cloves/flesh into a blender or food processor. Discard the remaining skin. Add olive oil, lemon juice, mustard, a pinch of sea salt and black pepper. Blend well until smooth.
- 6 Preheat your grill on medium heat.
- 7 Brush the face of your halved romaine hearts with a bit of olive oil then place them directly on the grill face down. Grill for about 5 minutes.
- 8 Remove romaine hearts. Place two on a plate and drizzle with desired amount of caesar dressing. Sprinkle with bacon and grated parmigiano reggiano cheese. Enjoy!

Notes

Potassium for the win!: A quarter head of romaine lettuce has as much potassium as a

banana! You probably know that potassium is an electrolyte mineral, which means it'll help you recover from workouts and improve muscle contraction and relaxation. But what you may not know about it is - Potassium is involved in energy metabolism within the cells. That means it assists in the conversion of carbohydrates into usable energy for the body. When carbs are used as energy, you get to push harder (hello increased gains ^{🏋️‍♂️} and performance), but it also means less of those carbs being stored as body fat. WIN-WIN.