

COMBINING RIGHT RECIPES

Quick Lunches – PROTEIN

Caesar Salad – serves 2

8 crisp lettuce hearts
fresh chives, chopped
1 tbsp roasted pine nuts
grated or shaved parmesan cheese to taste

Dressing:

1 very fresh organic egg (optional)
1 clove garlic, crushed
2 tsp capers
4 anchovy fillets
1 tsp Dijon mustard
1 tbsp extra virgin olive oil

Break lettuce hearts into a large dish and sprinkle over the chives, pine nuts and grated parmesan. In a jar, mix dressing ingredients well. Slowly pour in oil until mixture thickens like mayonnaise. Add a little more parmesan, shake and drizzle over salad.