



Salad with Creamy Parmesan Dressing

Make salad dressing in a big batch, store in a container, and save the dressing for quick healthy salads all week!

U.S.

For the Dressing:

1/2 cup	White Navy Beans, drained, rinsed
1/4 cup	Yogurt, plain, low-fat
1 Tbsp	Olive Oil
1 Tbsp	Lemon Juice
1 Tbsp	Apple Cider Vinegar
1 clove	Garlic, small
1/8 tsp	Onion Powder
2 Tbsp	Parmesan, grated

Metric

131 g
60 g
15 mL
15 mL
15 mL
1 clove
0.5 g
12.5 g

For the Salad:

4 cups	Romaine Lettuce, chopped	190 g
1 each	Tomato, diced	1 each
1/2 medium	Cucumber, diced	1/2 medium
1/4 cup	Celery, sliced into half moons	25 g
1/4 each	Red Onion, thin julienne	1/4 each

Preparation:

For the Dressing:

1. Gather all ingredients and equipment.
2. Place the navy beans, yogurt, olive oil, lemon juice, vinegar, garlic, onion powder, and grated parmesan in a blender and blend until smooth.
3. Chill and serve over salad.

For the Salad:

1. Combine all ingredients into a large mixing bowl.
2. Toss salad with dressing and serve.

Nutrition Facts

4 Servings

Serving size **2 cups salad and 2 Tbsp dressing**

Amount per serving

Calories **110**

Calories from Fat 45

Total Fat 5 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 2.5 g

Cholesterol 4 mg

Sodium 180 mg

Total Carbohydrate 13 g

 Dietary Fiber 4 g

 Total Sugars 3 g

 Includes 0 g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 2 %

Iron 4 %

Potassium 180 mg

Phosphorus 42 mg
