



Yogurt Caesar Salad

Store dressing in a sealed jar. Keep up to one week refrigerated.

U.S.

For the Dressing:

1/4 cup	Olive Oil
1 cups	Yogurt, Greek, Plain, low-fat
2 cloves	Garlic, minced
2 each	Anchovy Filets, canned, drained
1 each	Lemons, zested, juiced
2 Tbsp	Parmesan Cheese, grated
1/2 tsp	Honey
1/8 tsp	Salt, Kosher
To Taste	Black Pepper, ground

Metric

58 mL
227 g
2 cloves
2 each
1 each
12 g
3.5 g
0.75 g
To Taste

For the Salad:

8 cups	Romaine, shredded	376 g
1 pint	Cherry Tomatoes, halved	298 g
1/4 each	Red Onion, julienned	1/4 each
1/4 cup	Parmesan cheese, shaved	25 g

Preparation:

1. Gather all ingredients and equipment.
2. In a blender, combine all dressing ingredients and mix well.
3. Refrigerate until ready to use.
4. In a large mixing bowl toss the romaine, tomatoes and 1/2 cup of dressing. Garnish with shaved parmesan cheese. Enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **2 cups salad with 2 Tbsp Dressing**

Amount per serving

Calories **110**

Total Fat 7 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 0.5 g

Cholesterol 10 mg

Sodium 190 mg

Total Carbohydrate 8 g

 Dietary Fiber 3 g

 Total Sugars 4 g

 Includes 0 g Added Sugars

Protein 6 g

Vitamin D 0 %

Calcium 12 %

Iron 7 %

Potassium 300 mg

Phosphorus 120 mg
