

Yogurt Caesar Salad

This light spin on a rich and creamy classic dressing packs bold, lemon & garlic flavor with a crunchy salad base that's a great addition to any meal.

YIELD 5 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

For the dressing:

2 Tbsp	Extra Virgin Olive Oil
½ cup	Greek Yogurt, nonfat, plain
1 clove	Garlic, minced
1 each	Anchovy Filets, canned, drained
½ each	Lemon, zested and juiced
1 Tbsp	Parmesan Cheese, grated (about ¼ ounce)
½ tsp	Honey
⅛ tsp	Kosher Salt
To Taste	Black Pepper, ground

For the Salad:

4 cups	Romaine Lettuce, shredded (about 1 head)
1 cup	Cherry Tomatoes, halved
1/8 each	Red Onion, thinly sliced
2 Tbsp	Parmesan Cheese, shaved (about ½ ounce)

CHEF'S NOTES

Store any leftover dressing in a sealed jar. Keep up to one week refrigerated. Dress the salad just before serving for best texture!

Mix up your salad base by trying a different green or added toppings. Add nuts, hard-boiled egg or chicken for an easy protein addition to make this salad a meal.

To add a crunch, try our Creole Roasted Chickpeas for a delicious, fiber-filled 'crouton'.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a blender, combine all dressing ingredients and blend until smooth and creamy, about 45-60 seconds. Scrape the sides down in the blender, if necessary and continue to blend until well combined. Remove from the blender and refrigerate in a covered container until ready to serve.
3. In a large bowl, toss the romaine with the tomatoes and red onion.
4. When serving, toss the salad with the dressing and top with the shaved cheese.

Nutrition Facts

5 servings per container

Serving size 1 cup salad (138g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 10g 13%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 280mg 12%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 4%

Total Sugars 6g

Includes 3g Added Sugars 6%

Protein 9g 18%

Vitamin D 0mcg 0%

Calcium 200mg 15%

Iron 0.5mg 2%

Potassium 100mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, ANCHOVIES

Recipe adapted from *Health meets Food* "Yogurt Caesar Salad" (08/04/20)



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