

# 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.*

<b>YIELD</b> <b>5 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
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## INGREDIENTS

*For the dressing:*

2 Tbsp	Extra Virgin Olive Oil
½ cup	Greek Yogurt, nonfat, plain
1 clove	Garlic, minced
½ each	Lemon, zested and juiced
1 Tbsp	Parmesan Cheese, grated (about ¼ ounce)
2 tsp	Worcestershire Sauce
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
⅛ 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. For the salad: Wash and dry romaine; place in a large serving bowl, toss 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** 15mg **5%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber 1g **4%**

Total Sugars 6g

Includes 4g Added Sugars **8%**

**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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