

Salad with Creamy Pepper Parmesan Dressing



This creamy dressing has a secret protein and fiber rich ingredient – beans! Swapping beans for mayonnaise or sour cream allows you to cut down on calories and saturated fat.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

For the Dressing:

½ cup	Navy Beans, drained and rinsed (about ½ (15 oz.) can)
¼ cup	Yogurt, plain, low-fat
1 Tbsp	Extra Virgin Olive Oil
1 Tbsp	Lemon Juice, fresh (from ½ lemon)
1 clove	Garlic, roughly chopped
¼ tsp	Onion Powder
¼ tsp	Black Pepper, freshly ground
3 Tbsp	Parmesan Cheese, grated

For the Salad:

6 cups	Romaine Lettuce, chopped
1 each	Tomato, diced
½ each	Cucumber, diced
1 stalk	Celery, sliced into half-moons
¼ each	Red Onion, thin julienne

CHEF'S NOTES

This recipe will make more dressing than what is needed for the salad. Store leftovers in a jar or container with a tight-fitting lid for up to one week.

EQUIPMENT NEEDS

Blender (small or regular)
Cutting Board
Chef's Knife
Spatula
Jar or small container with lid
Large mixing bowl
Tongs for tossing/serving

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. *For the Dressing:* Place all the ingredients in a blender and blend until smooth and creamy. If needed, add water, one tablespoon at a time to reach the desired consistency.
3. Transfer the dressing to a small container with a lid (such as a jar) and set aside until serving.
4. *For the Salad:* Wash and dry the greens and place in a large bowl. Add the tomato, cucumber, celery, and red onion.
5. When ready to serve, add ½ cup of the dressing and toss to combine.

Nutrition Facts

8 servings per container

Serving 1 cups salad with 1 Tbsp

Size dressing (101 g)

Amount per serving

Calories **45**

% Daily Value *

Total Fat 1.5g **2%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **0%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 3g **5%**

Vitamin D 0.01mcg **0%**

Calcium 40mg **3%**

Iron 0.53mg **3%**

Potassium 200mg **3%**

*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.

Recipe adapted from Health meets Food "Salad with Creamy Parmesan Dressing" (10/13/18)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

