

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	PREP TIME	TOTAL TIME
5 SERVINGS	15 MIN	15 MIN

INGREDIENTS

For the dressing:

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

For the Salad:

8 cups	Romaine Lettuce, shredded
2 cups	Cherry Tomatoes, halved
¼ each	Red Onion, thinly sliced
¼ cup	Parmesan Cheese, shaved

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.
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 2 cups salad (214 g)

Amount per serving

Calories 190

% Daily Value *

Total Fat 14g 18%

Saturated Fat 3.5g 16%

Trans Fat 0g

Cholesterol 10mg 4%

Sodium 290mg 13%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 9%

Total Sugars 5g

Contains less than 1g Added Sugars 1%

Protein 9g 18%

Vitamin D 0.05mcg 0%

Calcium 60mg 5%

Iron 0.9mg 5%

Potassium 400mg 8%

*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* "Yogurt Caesar Salad" (08/04/20)



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