

Salad with Creamy Pepper Parmesan Dressing



This dressing has a secret protein and fiber rich ingredient – white beans! Swapping beans for mayonnaise or sour cream provides a creamy texture with fewer calories and saturated fat.

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	15 MIN

INGREDIENTS

For the Dressing:

½ cup	Navy Beans, drained and rinsed (about ½ (15 oz.) can)
½ cup	Greek Yogurt, plain, nonfat
2 Tbsp	Extra Virgin Olive Oil
1 each	Lemon, juiced
2 tsp	Garlic Powder
1 tsp	Onion Powder
½ tsp	Black Pepper, freshly ground
½ tsp	Kosher Salt
1 oz.	Parmesan Cheese, grated (about ½ cup)

For the Salad:

6 cups	Romaine Lettuce, chopped (about 1 ½ head)
1 pint	Cherry Tomatoes, halved
½ each	Cucumber, sliced into half-moons
¼ each	Red Onion, julienne
¼ cup	Walnuts, chopped then toasted
2 oz.	Parmesan Cheese, grated (about 1 cup)

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. *For the Dressing:* Place all the ingredients in a large blender pitcher. Starting on low, and increasing to medium-high, blend until smooth and creamy. If needed, add water, one tablespoon at a time to reach a pourable consistency.
3. Transfer the dressing to a small container with a lid (such as a jar) and set aside.
4. *For the Salad:* Add the chopped lettuce to a large serving bowl. Add the cut tomatoes, cucumber, red onion, toasted walnuts, and shredded parmesan cheese.
5. When ready to serve, add ½ cup of the dressing and toss to combine evenly. Store the leftover salad dressing in a jar or container with a tight-fitting lid for up to one week.

Nutrition Facts

4 servings per container

Serving 2 cup salad with 2 Tbsp

Size dressing (230 g)

Amount per serving

Calories **150**

% Daily Value *

Total Fat 10g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 180mg **8%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **13%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 7g **15%**

Vitamin D 0mcg 0%

Calcium 120mg 9%

Iron 0.53mg 3%

Potassium 300mg 7%

*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)



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