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.

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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
- ½ tsp Honey
- ½ tsp Kosher Salt
- To Taste Black Pepper, ground

**For the Salad:**
- 4 cups Romaine Lettuce, shredded
- 1 cup Cherry Tomatoes, halved
- 1/8 each Red Onion, thinly sliced
- 2 Tbsp 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. 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.
Recipe adapted from Health meets Food “Yogurt Caesar Salad” (08/04/20)

CONTAINS: MILK, ANCHOVIES