Classic Caesar Salad

**Ingredients:**
1 egg
1-2 cloves garlic
2 tablespoons extra-virgin olive oil
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
1 teaspoon fresh lemon juice
1 teaspoon anchovy paste
2 small heads romaine lettuce, trimmed, washed and dried
½ cup fresh grated Parmesan cheese
Salt and fresh ground pepper to taste
1 cup commercial seasoned croutons

**Directions:**
Pour water to a depth of 2 inches into a small saucepan and bring to a boil. Lower egg into the water, turn off heat; let stand 1 minute. Remove egg from water, let cool. Crush garlic into a large salad bowl. Add egg, oil, Worcestershire sauce, mustard, lemon juice and anchovy paste. Beat well with a wire whisk. Tear lettuce into bite-size pieces and add to bowl; toss to coat the lettuce. Add Parmesan cheese, croutons, salt and pepper; toss again. Serve immediately.

**Nutrition Info: (1/6th recipe)**
Calories: 104
Fat: 7 grams
Saturated Fat: 2 grams
Carbohydrate: 6 grams
Fiber: 1 grams
Protein 4 grams
Sodium: 225 mg. (without adding salt to taste)
Exchanges: 2 vegetable, 1 fat