

## 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: (1/6<sup>th</sup> 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