

Traditional Caesar Salad with Fresh Dressing

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

¾ cup olive oil
1½ teaspoons red wine vinegar
2 tablespoons lemon juice
1½teaspoons Worcestershire sauce
1 tablespoon anchovy paste
¼ teaspoon Dijon mustard
2 cloves garlic, crushed
1½ tablespoons light mayonnaise
¼ cup grated Parmesan cheese

1 head Romaine Lettuce, coarsely chopped
½ cup Croutons

Directions

1. In a mixing bowl, combine the olive oil, vinegar, lemon juice, and Worcestershire sauce. Whisk together using a wire whip. Add the anchovy paste, mustard, garlic, mayonnaise and Parmesan cheese. Whisk until smooth. Pour into a glass container, seal, and refrigerate until ready to use. Yield 1 cup.
2. Pour ½ cup of the dressing into a large mixing bowl. Add the lettuce and stir until the lettuce is moistened with the dressing. Toss in the croutons and serve.

Exchanges per serving:

2 Vegetables, 3 Fats

Nutrients per serving:

Calories: 185

Calories from fat: 142

Total Fat: 16g

Cholesterol: 6mg

Sodium: 323mg

Total Carbohydrate: 8g

Dietary Fiber: 2g

Protein: 3g