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
- 1½ teaspoons 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