

SENSATIONAL CAESAR SALAD

Recipe courtesy of *Diane Henderiks*

momlogic.com

Ingredients:

DRESSING:

- ½ cup plain non-fat yogurt
- 1tsp. olive oil
- Juice of ½ lemon
- 1½ tsp. red wine vinegar
- ½ tsp. balsamic vinegar
- 1 tbsp. Worcestershire sauce
- 2 tsp. Dijon mustard
- 1tbsp. anchovy paste
- 2 medium garlic cloves, minced
- 1tsp. freshly ground black pepper

CROUTONS:

- 5 cups multi-grain bread cubes (½-inch)
- ½t garlic powder
- Olive oil cooking spray (or equivalent imitation)

SALAD:

- 1 head chilled sliced romaine lettuce
- 1tbsp. grated fresh Parmesan cheese

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Directions:

1. Preheat oven to 325°.
2. Place bread cubes in a bowl spray lightly with olive oil spray and toss. Repeat until bread is lightly coated.
3. Sprinkle one half garlic powder and toss. Add remaining powder and re-toss.
4. Place on a baking sheet. Bake for 15 minutes or until golden & crisp. Set croutons aside
5. Combine all ingredients for dressing in a bowl and whisk well. Set aside
6. Place lettuce in a large serving bowl. Drizzle one half of dressing over salad and toss well.
7. Add remaining dressing & Parmesan cheese and re-toss.
8. Top with croutons & serve immediately.
9. Enjoy!

Serves 6