

Classic Caesar Salad

8 servings

Ingredients:

1 head Romaine lettuce, washed and torn into bite-sized pieces

Dressing:

1/2 cup plain fat-free yogurt

1/4 cup light mayonnaise

1/4 cup chopped fresh parsley (or 1 Tablespoon dried parsley)

1 Tablespoon lemon juice

1 small clove garlic, minced

1 teaspoon Dijon mustard

1/4 teaspoon salt

1/4 cup light parmesan cheese

1/8 teaspoon black pepper

Directions:

In a large mixing bowl, combine all ingredients for dressing. Whisk to combine thoroughly.

Add lettuce and toss gently to mix. Serve immediately

Nutrition Information per serving:

Calories: 60 calories

Carbohydrate: 4g

Fat: 3.5g

Sodium: 160g

Protein: 3g

Fiber: 1g