

Classic Caesar Salad

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Serving Information

Makes approximately 8 servings (1 serving = 1 c.)

Ingredients

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

Dressing

½ c. plain fat-free yogurt
¼ c. light mayonnaise
¼ c. chopped fresh parsley (or 1 Tbsp. dried parsley)
1 Tbsp. lemon juice
1 small clove garlic, minced
1 tsp. Dijon mustard
¼ tsp. salt
¼ c. light parmesan cheese
⅛ tsp. black pepper

Equipment

Large bowl
Wire whisk
Tongs or salad servers
Measuring cups and spoons

Directions

1. In a large bowl, combine all ingredients for dressing. Whisk to combine thoroughly.
2. Add lettuce and toss gently to mix. Serve immediately.

Source: Dining with Diabetes—West Virginia University Extension Service, 2003

Nutrition Facts

Serving Size 1 cup (79g)
Servings Per Container 8

Amount Per Serving

Calories 60 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 160mg **7%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 3g

Vitamin A 60% • **Vitamin C 25%**

Calcium 8% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Talking Points

Classic Caesar Salad

1. With only 50 calories, 3 grams of fat and 4 grams of carbohydrate per serving, this salad makes a light and healthy addition to any meal, especially pasta or pizza.
2. This dressing will keep for 4-7 days in a tightly sealed container in the refrigerator.
3. Using fresh garlic will make a noticeable difference in the flavor of this dressing and substituting garlic powder or bottled, minced garlic is not recommended.
4. Making this dressing a day ahead allows the flavors to develop, resulting in a more flavorful and tangy salad.
5. This salad tastes even fresher if real 100% Parmesan cheese from the dairy section is used, however it still is good
 - a. with the dry Parmesan cheese that is found in the shaker container on the grocery store shelves.

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