

Chef Jamie Oliver makes his Caesar salad dressing with thick Greek-style yogurt, which he often uses as a less rich alternative to heavy cream and sour cream.

## **INGREDIENTS:**

- 1/3 cup low-fat or nonfat Greek-style yogurt
- 2 anchovy fillets, mashed
- 1 garlic clove, minced
- 2 tablespoons fresh lemon juice
- 2 teaspoons Worcestershire sauce
- 2 tablespoons extra-virgin olive oil
- 1/4 cup freshly grated Parmigiano-Reggiano cheese, divided
- Kosher salt
- 1 teaspoon freshly ground black pepper
- 1 large head of romaine lettuce, torn into bite-size pieces



## **INSTRUCTIONS:**

1. In a small bowl, whisk the yogurt with the anchovies, garlic, lemon juice, and Worcestershire sauce.
2. Whisk in the oil and half of the cheese; season with salt and pepper.
3. In a large bowl, toss the romaine with half the dressing and the remaining cheese.
4. Serve with remaining dressing.

<b>Nutrition Facts</b>		Amount	% Daily Value*	Amount	% Daily Value*
<b>Amount per</b> 203 g		<b>Total Fat</b> 9.3g	14%	<b>Total Carbohydrates</b> 8g	3%
1 serving (7.1 oz)		Saturated 2g	10%	Dietary Fiber 4g	14%
<b>Calories</b> 134		Trans Fat 0.1g		Sugars 3g	
From fat 82		<b>Cholesterol</b> 8mg	3%	<b>Protein</b> 6g	13%
<i>HappyForks.com</i>		<b>Sodium</b> 379mg	16%		
		<b>Calcium</b> 14% • <b>Iron</b> 11%		<b>Vitamin A</b> 274% • <b>Vitamin C</b> 16%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.