



March 2002 Recipe – Caesar Salad

DRESSING

2 garlic cloves
1/2 cup lowfat mayonnaise
2 tablespoons freshly grated Parmesan cheese
1 tablespoon lemon juice
1 tablespoon olive oil
2 teaspoons anchovy paste
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard

SALAD

1 head romaine lettuce, torn into bite-size pieces
1/3 cup freshly grated Parmesan cheese (1 1/2 ounces)
1 1/2 cups fat-free garlic croutons or 2 slices bread and garlic powder

TO MAKE THE DRESSING: Chop the garlic in a food processor. Add the mayonnaise, cheese, lemon juice, oil, anchovy paste, Worcestershire sauce, and mustard. Process until smooth.

TO MAKE THE SALAD: Place the lettuce in a large bowl. Add the dressing and toss to coat. Top with the cheese and croutons. Toss gently to blend.

TO MAKE THE CROUTONS: Cut 2 slices of bread into 1-inch cubes. Place on a baking sheet. Sprinkle lightly with garlic powder. Bake 5 minutes at 325 degrees.

Makes 6 servings. Per serving: 147 calories, 5 grams fat, 17 grams carbohydrate, 583 grams sodium, 12 mg cholesterol, 1 gram fiber.

From our “Cookbook of the Quarter,” *More Healthy Homestyle Cooking* by Evelyn Tribole. Available at Barnes & Noble, discounted through March.

Once again Linda Murray, our own Heart Path nurse, tested this recipe and raved about the results. Thanks for sharing with us Linda!

Your Partners in Health,
Candace and Lucy