

CAESAR SALAD

Makes 4 servings



INGREDIENTS

1/3 cup low-fat or non-fat 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
Salt and freshly ground pepper
1 large head of romaine lettuce, torn into bite-size pieces

INSTRUCTIONS

In a small bowl, whisk the yogurt with the anchovies, garlic, lemon juice and Worcestershire sauce. Whisk in the oil and half of the cheese and season with salt and pepper.

In a large bowl, toss the romaine with half the dressing and the remaining cheese. Serve, passing the remaining dressing at the table.

Turn this into a more substantial salad with broiled salmon or grilled chicken breast.