



CAESAR DRESSING

Makes 4 servings

INGREDIENTS

3/4 cup non-fat plain Greek yogurt
1/2 cup freshly grated Parmesan cheese
3 tablespoons extra-virgin olive oil
3 tablespoons freshly squeezed lemon juice
1 1/2 teaspoons anchovy paste - or 2 anchovy fillets
1 1/2 teaspoons Dijon mustard
1 large garlic clove

INSTRUCTIONS

Place all ingredients (Greek yogurt, Parmesan, olive oil, lemon juice, anchovy, mustard, and garlic) in a blender or food processor.

Puree until smooth and emulsified.

Notes

Store in an airtight jar or container in the refrigerator for up to 1 week. Shake or mix gently before serving.