

Caesar Salad

Makes 4 servings

Dressing

- 1 egg
- ½ cup 80% less fat mayonnaise (Best Foods®)
- 4 anchovy fillets
- 1 tablespoon grated parmesan cheese
- 1 tablespoon fresh chopped parsley
- 2 tablespoons water

Croutons

- 3 slices whole wheat bread
- cooking spray

Salad

- ¾ cup Canadian style bacon 95% fat free
- 1 large green leaf lettuce
- 1 x 8oz punnet cherry tomatoes cut in half
- 1 tablespoon grated parmesan cheese



To make 1 cup of Dressing Boil egg for 5 minutes, cool slightly then shell. Place all ingredients except egg into food processor or blender, blend for 30 seconds. Add egg, blend for 10-15 seconds.

To make Croutons Heat oven to 400°F (200°C) fan forced. Toast bread, then cut into small cubes, place bread on baking tray. Lightly coat with cooking spray then bake for 10-15 minutes, or until brown and hard.

To make Salad Cut bacon into small cubes then coat a non-stick frypan with cooking spray, fry bacon until cooked. Drain on paper towel. Wash lettuce leaves, break into chunks and place in a large salad bowl. Scatter tomatoes and bacon over lettuce. Add ½ cup dressing (refrigerate remaining dressing for another time). Toss ingredients together. Sprinkle croutons and cheese on top.

Variation

Chicken Caesar Salad - Replace bacon with 8oz raw skinless chicken breast, pan fried with cooking spray then sliced.

Dietitian's tip

At last a Caesar salad that is low in calories and saturated fat, making this a great choice for people with diabetes who want to lose weight.

Not suitable to be frozen

Nutritional Information

PER SERVE		CAESAR	CHICKEN
CALORIES		158	194
FAT	TOTAL	6.7g	7.1g
	SATURATED	1.5g	1.5g
SODIUM		663mg	435mg
CARBS		12.8g	12.8g
SUGAR		5.5g	5.5g
FIBER		4.2g	4.2g
PROTEIN		11.5g	20.1g
GI RATING		Low	Low

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