

# Super Light Caesar Salad

Recipe By Victoria Dwek



Cooking and Prep:  10  
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Serves:  4

Contains:   

**Preference:** Dairy

**Difficulty:** Easy

**Diet:** Vegetarian, Pescetarian,  
Low Fat, Low Carb

**Source:** Kosher.com

Exclusive, Whisk by Ami  
Magazine

That Caesar salad you ordered at a restaurant because you wanted something light? It can likely contain about 1,000 calories. Caesar dressing is usually made with full-fat mayo, or, traditionally, an emulsion of egg yolks and olive oil, and contains about 100 calories per tablespoon. Compare that to this version, which only has 14 (and will be finished down to the last lettuce leaf, just the same)! When low-fat mayonnaise is used instead of light, the dressing is virtually calorie-free.

## Ingredients (12)

### Salad

- 12 ounces (1 and 1/2 heads or bags) chopped Romaine lettuce
- 3 tablespoons Parmesan cheese
- 3 tablespoons croutons *(optional)*

### Light Caesar Dressing

- 1/4 cup Gefen Light Mayonnaise
  - 2 tablespoons water
  - 2 tablespoons lemon juice
  - 2 tablespoons Kedem White Wine Vinegar
  - 1 clove garlic, crushed or 1 cube Gefen Frozen Garlic
  - 1/2 teaspoon Haddar Dijon Mustard
  - 1/4 teaspoon Gefen Worcestershire Sauce
  - 1/2 teaspoon salt
  - pinch coarse black pepper
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## Start Cooking

### Prepare the Dressing

1. In a bowl, whisk together mayonnaise, water, lemon juice, vinegar, garlic, mustard, Worcestershire sauce, salt, and pepper until smooth.

### Make the Salad

1. Toss lettuce with dressing, croutons (if using), and Parmesan; serve.