

When Greek Meets Caesar Salad

Recipe By Victoria Dwek



Cooking and Prep:  30
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Serves:  4

Contains:   

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Low Fat

Source: Whisk by Ami
Magazine

Salad dressings are supposed to add flavor, but this one also adds nutritional content. Most of us can eat a Caesar-style salad any day with any dairy meal. Now, with no mayo or egg yolks and very minimal oil, it's actually a healthful side. This dressing is also a great option for those who are allergic to eggs. Now that I'm using Greek on my Caesar, I ought to try using Greek on my Greek.

Ingredients (14)

Salad

- 8 ounces chopped romaine lettuce
- 1 ear corn on the cob, in the husk
- 1/4 cup **Gefen Black Olives**, sliced
- 1 slice whole-wheat bread, cut into cubes, toasted
- Parmesan cheese, for sprinkling

Dressing

- 1 (6-ounce) container plain nonfat Greek yogurt
 - 2 tablespoons lemon juice
 - 1 teaspoon Gefen Worcestershire Sauce
 - 1 teaspoon Reine Dijon Mustard
 - 2 garlic cloves, crushed
 - 1/2 teaspoon salt
 - a few cracks freshly ground Gefen Black Pepper
 - 1 tablespoon grated Parmesan cheese
 - 2 tablespoons Gefen Olive Oil
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Start Cooking

Prepare the Salad

1. Microwave corn in the husk for eight minutes.
2. Let cool, remove husk, and slice off kernels.
3. Combine lettuce, corn, and olives in a large bowl.

Prepare the Dressing

1. In a bowl, whisk together yogurt, lemon juice, Worcestershire sauce, mustard, garlic, salt, pepper, and Parmesan.
2. Whisk in olive oil.

Combine and Top

1. Toss dressing with salad.
2. Top with croutons and Parmesan.

Credits

Photos by Esti Photography