

Caesar Salad

Makes 6 to 8 servings

1	hard-cooked egg
½ cup	<u>light</u> mayonnaise
¼ cup	low sodium chicken broth
2 Tbsp	Parmesan cheese
4 tsp	fresh lemon juice
1 Tbsp	red wine vinegar or other vinegar
2 cloves	garlic, minced
½ tsp	Dijon mustard
1/8 tsp	black pepper
1 large head	Romaine lettuce, washed and torn into bite size pieces

1. Combine all the ingredients (except the lettuce) in a blender or food processor and blend until smooth.
2. Cover and refrigerate for about 1 hour.
3. Hold back half the dressing. Toss lettuce and dressing in a large bowl until lettuce is evenly coated with dressing. Taste often to see if more dressing is needed.
4. Sprinkle with additional parmesan cheese and pepper if desired and serve immediately.

Nutritional analysis for 1/8th of recipe

Calories	70 kcal
Protein	2 g
Fat	5 g
Carbohydrate	5 g
Fibre	1 g
Sodium	130 mg