

CAESAR ON THE LIGHTER SIDE



I've made my own version of the classic Caesar salad which is a little bit healthier on the dressing – it's all about taking influences from the original dish and bigging up the flavors and textures where you can. If you have some leftover roasted chicken, then adding it to this salad is a great way of using it up.

Jamie's top tips

- You can buy all sorts of lettuce – there's soft and buttery, red leaf or green leaf, bitter varieties like frisee and radicchio and then there's crunchy such as romaine and iceberg—pick and mix different elements to keep your salads interesting.
- In my opinion a good dressing is the key to making a cracking salad – it'll mean you want to eat it, rather than feel you have to.
- This is a full-flavored dressing so add just enough dressing to lightly coat the lettuce leaves – don't overdo it, or you'll spoil a perfectly good salad.
- If you want to ensure a really good even coating, use clean hands to quickly toss everything together.



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Serves 4

1 head romaine lettuce
1/3 cup 2% Greek yogurt
2 tablespoons olive oil
1 tablespoon grated Parmesan cheese, (plus 1-ounce for sprinkling over the top; optional.)
2 teaspoons Worcestershire Sauce
1 small clove garlic, minced
Juice of ½ lemon
2 chopped anchovy fillets
1/8 teaspoon sea salt
freshly ground pepper, to taste

Equipment list

Knife
Cutting board
Salad spinner or colander
Medium bowl
Reamer
Measuring spoons
Measuring cups
Large bowl
Large spoon
Box grater or peeler

1. Snap off any wilted or dark green outer leaves from the head of romaine. Cut off the tips of the leaves, then cut the head in quarters lengthwise. Cut into chunks and get rid of the core. Wash the lettuce and dry it in a salad spinner.
2. Whisk the yogurt, olive oil, grated Parmesan, Worcestershire sauce, garlic, lemon, and anchovy together in a serving bowl. Season with the salt and pepper.
3. Toss the lettuce with the dressing and scoop the salad into serving bowls.
4. If you choose, coarsely grate your small chunk of Parmesan over the salad and toss again.



MORE INFORMATION:

Serving suggestions:

This is great as a starter or can accompany just about any meal. Turn this into a main course salad by adding sliced grilled chicken breast, grilled shrimp or broiled and flaked salmon fillets.

Tips from the dietitian:

- Greek yogurt (0% or 2%), is a healthy substitute for sour cream, crème fresh or heavy cream.
- Anchovies are high in sodium, but when you're just using a few it doesn't matter too much. They will add a powerful flavor to a dish.
- I bet you thought Caesar salad was calorie laden and only meant for special occasions – that is sometimes the case, but the dressing in this modified version can serve as an everyday dressing. Double the quantities and store the leftovers in the fridge for a few days.

Nutrition Facts	
Serving Size (204g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 10mg	3%
Sodium 280mg	12%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 7g	
Vitamin A 270% • Vitamin C 70%	
Calcium 20% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Food safety:

It's good to wash your lettuce thoroughly to get rid of any dirt or bugs before spinning, ready for dressing and eating.