

Caesar Salad



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What You Need

1 head romaine lettuce
Cubes of bread
1/2 cup 1% cottage cheese
1 clove garlic
2 tbsp olive oil

This salad is much lower in fat and calories than your standard Caesar salad.

Makes 8 Servings

1 tbsp lemon juice
2 tbsp skim milk
2 tbsp parmesan cheese
Pepper and salt

Per Serving

Calories 68
Carbohydrates 4 g
Protein 3 g
Fat 4 g
Dietary Fiber 1 g

How You Prepare

Wash and tear lettuce into a large bowl. Cube some bread and spray lightly with non-stick spray and microwave for 2 to 3 minutes until crisp. Puree all the remaining ingredients in a food processor or blender and toss salad. Sprinkle with parmesan cheese and croutons.