

“Taste of Health” with Graham Kerr

The Patient
Channel®

Caesar Salad

Ingredients

Romaine lettuce
2 anchovy fillets
2 cloves garlic
4 tbsp. Parmesan cheese
½ cup yogurt cheese
1-2 tbsp. de-alcoholized white wine
Croutons

Directions

To make dressing, add together anchovy fillets, garlic, Parmesan cheese and yogurt cheese. Smooth this out either in a pestle and mortar or flat blade. Drip sauce on top of romaine lettuce and add croutons.