

Greek Yogurt Caesar Salad Dressing

Yield: 8 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-caesar-salad-dressing-recipe>

Ingredients:

- 1/2 cup greek yogurt I use 0%
- 1 1/2 tablespoons Parmesan cheese very finely grated
- 2 1/2 teaspoons worcestershire sauce
- 3 cloves garlic pressed
- 2 teaspoons lemon juice
- 3/4 teaspoon lemon zest
- 1 teaspoon Dijon mustard
- 1 1/2 tablespoons olive oil
- 1 pinch salt and pepper
- romaine lettuce
- grated Parmesan cheese for garnishing, optional
- croutons optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 150 milligrams
8. Sugar: 1 grams

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