

# Low-fat Caesar Salad

*“The blend of sour cream, parmesan cheese, lemon, and garlic adds flavor without fat or calories to this quick-fix salad”.*

**Makes 6 servings**

## FOR THE DRESSING:

- 1/2 cup fat-free sour cream
- 2 tablespoons low-fat mayonnaise
- 2 tablespoons parmesan cheese, grated
- 2 tablespoons capers, rinsed and drained (optional)
- 1 1/2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1/4 teaspoon coarsely ground pepper



## FOR THE SALAD:

- 1 medium head Romaine lettuce, washed and chopped
- several thin slices of red onion (optional)
- 1 cup fat-free seasoned croutons
- 1 teaspoon parmesan cheese

## DIRECTIONS:

- In a small bowl, combine all dressing ingredients. Stir well. Cover and refrigerate for 1 hour or overnight
- In a large salad bowl, combine lettuce and onions. Add dressing and toss to coat. Sprinkle with croutons and parmesan cheese. Serve immediately.

*The Food and Mood Cookbook by Elizabeth Somer: page 142*