

Caesar Salad

2 ROMAINE HEARTS

1/2 RED ONION SLICED THIN

CAESAR CROUTONS

1 LARGE CARROT (PEEL AND GRATE)

CAESAR DRESSING (RECIPE BELOW)

Wash Romaine Hearts and dry in a salad spinner. Place on paper towels and roll up and store in refrigerator to prepare salad later. Tear (or cut) lettuce add, sliced onion, & shredded carrots. Toss in chilled Caesar dressing. Top with croutons, black pepper, shaved parmesan cheese.

Caesar Dressing

1 CUP PLAIN YOGURT (OR 1 CUP MAYO)

1 RAW EGG YOLK (OPTIONAL)

4 CLOVES GARLIC PRESSED

1 TBSP. DIJON MUSTARD

2 TSP. WORCESTERSHIRE

1 TBSP. ANCHOVY PASTE OR 4 CRUSHED ANCHOVIES

1/2 TSP. SALT

1/2 CUP GRATED PARMESAN

1/2 CUP SHAVED PARMESAN (FOR TOPPING)

Combine ingredients, blend well with whisk and toss in greens.

"It is nice to serve salads in chilled plates and bowls... Tammy"