**Lighthearted Caesar Salad**

Makes 2-3 Servings

Here’s a version of this very popular salad with less oil than usual and without the egg - but with no sacrifice in flavor.

**Salad**

1 slice of bread (preferably whole wheat)



1 small clove garlic; halved

½ heart of romaine lettuce

25 mL grated parmesan cheese

**Dressing**



10 mL lemon juice

15 mL olive oil

7 mL water

7 mL grated parmesan cheese

5 mL Dijon mustard

2 mL Worcestershire sauce

2 mL anchovy paste

salt and pepper to taste

1. Preheat oven to 350˚F.
2. Toast bread on a cookie sheet until browned and crisp. Rub cut side of one garlic half over both sides of bread; cut bread into cubes.
3. **Mince** the other ½ of the garlic to use in dressing.
4. In small bowl, combine minced garlic, lemon juice, olive oil, water, parmesan, mustard, Worcestershire, anchovy paste, and salt and pepper; whisk with a fork to mix well.
5. Wash lettuce; dry between paper towels. Tear romaine into bite-sized pieces and place in a medium bowl.
6. Pour dressing over romaine lettuce and toss to mix. Add croutons and cheese; toss again.
7. Serve in salad bowls.

