

Caesar SaLad Dressing

Caesar Dressing



Makes 1 cup

Blue – 1 point per tablespoon

Purple – 1 point per tablespoon

Green – 1 point per tablespoon

- 2 Tbsp olive oil
- 1 cup non fat plain greek yogurt
- 1/3 cup lemon juice (about 2 lemons)
- 2 Tbsp dijon mustard
- 1 clove garlic (minced)
- 1 tsp anchovy paste
- 1 tsp Worcestershire sauce
- 1 oz Parmesan cheese (grated fine)
- 1/4 tsp salt
- 1/8 tsp fresh ground peppe

1. Combine all ingredients in a food processor or blender.
2. Blend for about 10 seconds or until smooth. Taste and adjust seasonings – salt, pepper, anchovy paste (this has points, be careful how much you use)
3. Store in refrigerator, chill for 30 minutes before using.