

Caesar Salad

6 cups romaine lettuce, torn into bite-size pieces
1/4 cup olive oil
3 tablespoons fresh lemon juice
1 teaspoon white wine Worcestershire sauce
1 teaspoon Dijon mustard
1 clove garlic, minced
1 anchovy, rinsed and drained, then mashed
1/4 cup Parmesan cheese
1/2 cup Caesar croutons

1. Put lettuce in a large bowl.
2. In a small bowl or jar, combine oil, lemon juice, Worcestershire sauce, mustard, garlic, and anchovy. Mix well.
3. Drizzle dressing over lettuce and toss to mix thoroughly. Sprinkle on cheese and mix well. Serve garnished with croutons.

Makes 4-6 servings.

Per serving: 142 calories, 12 gm total fat, 1 mg cholesterol, 2 gm fiber, 82 mg sodium.

Source: *Delitefully HealthMark* by Susan Stevens, HealthMark Centers of Colorado

Comments: We have been using this recipe at home and on the boat for over 20 years. I usually make a double batch of the dressing to keep in the refrigerator so that it is quick to tear up some lettuce and toss a small salad for just the two of us or a larger one when we have guests. It's a healthier version of the traditional Caesar salad, and tastes just as good. Since white wine Worcestershire sauce needs to be stored in the refrigerator and we have limited refrigeration space on the boat, I often use regular Worcestershire sauce instead when I'm cooking on the boat.