

Light and Lemony Caesar Salad

Serves 8

Ingredients

- Teaspoon finely shredded lemon peel
- 1 cup lemon juice
- 2 tablespoons low-sodium chicken broth
- 1 tablespoon plus 1 teaspoon olive oil
- 2 teaspoons anchovy paste
- 1 teaspoon Dijon mustard
- 10 cups torn romaine lettuce
- 1 cup shredded or grated parmesan cheese
- freshly grounded black pepper
- low-fat, low-sodium croutons (optional)

Directions

In a small jar with a tight-fitting lid, combine lemon peel, lemon juice, broth, oil, anchovy paste, and mustard. Cover and shake until ingredients are well combined. Set aside. Place lettuce in a large bowl. Pour dressing (mixture that was made earlier) over lettuce, tossing to coat. Sprinkle with Parmesan cheese, tossing to coat. Season to taste with Pepper. If desired, sprinkle with low-fat, low-sodium croutons.

Nutrient Analysis (per serving)

Calories	89
Protein	6 g
Carbohydrates	2 g
Cholesterol	11 mg
Total fat	6 g
Saturated fat	3 g
Sodium	266 mg

This recipe is reprinted with permission from the American Heart Association