



Caesar Dressing

INGREDIENTS:

2 ½ cloves fresh garlic
1 cup skim or low fat cottage cheese
1 ½ cups fat free yogurt
½ cup grated parmesan cheese
1 oz. plus ½ Tbsp separate fresh squeezed lemon juice
½ Tbsp Worcestershire sauce
1 Tbsp Dijon mustard

PREPARATION:

- Combine all ingredients in food processor and blend until smooth.
- Store in air tight container and can keep up to 2 weeks refrigerated

Yield: 3 cups

Serving Size 1/2 ounce

Calories: 10

Fat Grams: trace

