



## 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

