

Salad With Creamy Parmesan Dressing

Yield: 4 servings

Ingredients

Salad

- 4 cups romaine lettuce, chopped
- 1 tomato, diced
- ½ medium cucumber, diced
- ¼ cup celery, sliced into half-moons
- ½ each red onion, julienned

Dressing

- ½ cup white navy beans, drained and rinsed
- ¼ cup low fat plain yogurt
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon apple cider vinegar or white vinegar
- 1 clove garlic, peeled
- ⅛ teaspoon onion powder
- 2 tablespoon Parmesan cheese, grated

Instructions

1. Place the navy beans, yogurt, olive oil, lemon juice, vinegar, garlic, onion powder and grated Parmesan in a blender and blend until smooth.
2. Chill and serve over salad.

For the Salad:

1. Combine all ingredients into a large mixing bowl.
2. Toss salad with dressing and serve

Nutrition Information

Serving Size: 2 cups salad and 2 tbsp dressing

Calories: 110
Total Fat: 5.0 g
Saturated Fat: 1.5 g
Monounsaturated Fat: 2.5 g
Sodium: 180 mg
Total Carbohydrate: 13.0 g
Dietary Fiber: 4.0 g
Sugars: 3.0 g
Protein: 5.0 g

Source: Goldring Center for Culinary Medicine

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