

CAESAR SALAD 3 WAYS

Caesar Salad 3 Ways

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 7 (Serving = 1 cup)

Nutrition (per serving)

Calories: 150	Total Carbohydrate: 8
Total Fat: 5 g	Dietary Fiber: 0 g
Saturated Fat: 2 g	Total Sugars: 3 g
Sodium: 290 mg	Protein: 17 g

Ingredients

- 4 cups romaine lettuce, chopped (or about 1 head)
- 2 cups cooked chicken breast, cubed
- $\frac{3}{4}$ cup reduced-fat creamy Caesar salad dressing
- $\frac{1}{4}$ cup grated Parmesan cheese
- $\frac{3}{4}$ cup Caesar salad croutons
- $\frac{1}{2}$ cup cherry tomatoes, halved

Directions

1. In a large bowl, combine all ingredients and toss until evenly coated.

Other Variations

Caesar Wrap

Add 2/3 cup of Caesar salad mixture to a whole wheat tortilla and fold.

Caesar Pasta Salad

Add 2 cups of whole wheat pasta to the Caesar Salad and toss.