



Low Fat Chicken Caesar

Ingredients

- 1 large head of Romaine Lettuce, torn
- 2 cups chopped, cooked, skinless Chicken Breast
- 1 tsp Dijon Mustard
- 2 tbsp fresh Lemon Juice
- 1 tsp Olive Oil
- 1 tsp White Wine Vinegar
- 1 tsp Worcestershire Sauce
- 1 cup Fat-free or Low fat Croutons
- 1 Garlic Clove, crushed
- 1/4 cup freshly grated Parmesan Cheese
- **Dressing:** 1/3 cup plain non-fat yogurt, drained (or fat-free mayonnaise)

Directions

1. Arrange torn Romaine lettuce in a big serving bowl.
2. Top with chicken, croutons and sprinkle with cheese.
3. Whisk dressing ingredients together and drizzle over salad.
4. Gently toss until combined.
5. Add freshly ground black pepper to taste.