

Our Best Caesar Salad



Hands-On Prep 10 MIN

Cook NONE

Serves 4

1 Rub a large salad bowl with the garlic clove. Add the broth, oil, lemon juice, mustard, anchovy paste, and pepper; whisk until blended. Let stand until the flavors are blended, about 5 minutes.

2 Discard the garlic. Add the lettuce to the bowl and toss to coat. Sprinkle with the croutons and Parmesan cheese. Serve at once.

PER SERVING (2 cups): 94 Cal, 6 g Fat, 1 g Sat Fat, 0 g Trans Fat, 4 mg Chol, 184 mg Sod, 6 g Carb, 2 g Fib, 4 g Prot, 83 mg Calc.

POINTS value: 2.

How We Did It We find that bruising garlic helps to release its flavor. To bruise garlic, place a peeled clove on a cutting board and flatten it slightly with the side of a large knife.

1 large garlic clove, bruised
¼ cup reduced-sodium chicken broth
4 teaspoons extra-virgin olive oil
1 tablespoon fresh lemon juice
1 teaspoon Dijon mustard
¾ teaspoon anchovy paste
¼ teaspoon freshly ground pepper
1 head romaine lettuce, torn into bite-size pieces (6 cups)
1 cup fat-free croutons
2 tablespoons grated Parmesan cheese

I used beef broth (low fat, low sodium) and half of the oil.