

CAESAR SALAD 3 WAYS

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

Serves: 7 (Serving = 1 cup)

Nutrition (per serving)

Calories: 150

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 290 mg

Total Carbohydrate: 8 g

Dietary Fiber: 0 g

Total Sugars: 3 g

Protein: 17 g



Ingredients

4 cups romaine lettuce, chopped (or about 1 head)

2 cups cooked chicken breast, cubed

¾ cup reduced-fat creamy Caesar salad dressing

¼ cup grated Parmesan cheese

¾ cup Caesar salad croutons

½ cup cherry tomatoes, halved



OSF[®]
HEALTHCARE

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.