Vegan Caesar Salad

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay Nixon

Try this recipe for a vegan twist on a classic salad!

About the Recipe

112 Calories · 5 g Protein · 4 g Fiber
Lunch · Side Dish

Ingredients

Makes 1 Servings

- 2 tbsp (30 mL) plain low-fat nondairy yogurt
- 1/2 tsp (2.5 mL) fresh lemon juice
- 1/2 tsp (2.5 mL) Dijon mustard
- 1/4 tsp (1.2 mL) vegan Worcestershire sauce or tamari
- 1/8 tsp (0.6 mL) garlic powder
- 3 c (105 g) romaine lettuce, chopped
- 1/2 c (15 g) croutons
- 6 cherry tomatoes, chopped

Directions

1. For the dressing: In a bowl, whisk together vegan yogurt (or low-fat vegan mayo), lemon juice, Dijon mustard, and Worcestershire sauce (or low-sodium tamari) until combined, adding garlic powder to taste. Chill until serving.
2. Toss lettuce, croutons, and tomatoes in a large bowl. Add dressing and toss again. Note: To make homemade croutons, toast 1 slice of bread and toss in a bag with garlic powder and salt until lightly coated and broken into small cubes.
3. Serve immediately.

Nutrition Facts

Per serving:

Calories: 137 kcal
Fat: 2 g
    Saturated Fat: <0.5 g
    Calories From Fat: 15%
Cholesterol: 0 mg
Protein: 5 g
Carbohydrates: 21 g
Sugar: 8 g
Fiber: 6 g
Sodium: 211 mg
Calcium: 110 mg
Iron: 2.5 mg
Vitamin C: 21 mg
Beta-Carotene: 500 mcg
Vitamin E: 1.1 mg