

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

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

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