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