

# 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 vegan yogurt (or vegan mayo) (2 tbsp.)
- fresh lemon juice (1/2 tsp.)
- Dijon mustard (1/2 tsp.)
- vegan Worcestershire sauce (or tamari) (1/4 tsp.)
- garlic powder (pinch)
- chopped romaine lettuce (3 cups)
- croutons (1/2 cup)
- cherry tomatoes (1/2 cup)

## Directions

1. For the dressing: In a bowl, whisk together vegan yogurt or mayo, lemon juice, Dijon mustard, and Worcestershire sauce or 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.
3. Serve.

# Nutrition Facts

*Per serving*

**Calories:** 112

**Protein:** 5 g

**Carbohydrate:** 20 g

**Sugar:** 4 g

**Total Fat:** 2 g

**Calories from Fat:** 17%

**Fiber:** 4 g

**Sodium:** 194 mg