

Healthy Eating

By Alice Henneman, MS, RD, Extension Educator

Lancaster County

444 Cherrycreek Road, Suite A / Lincoln, NE 68528 / (402) 441-7180

<http://lanaster.unl.edu/food>

Mighty Caesar

Serves 4

Here's a lower calorie, higher nutrient version of the traditional Caesar salad. Add the chicken breasts and you have a one-dish meal.

- 2 cups whole wheat bread cubes
- Olive oil cooking spray
- 3/4 cup plain low-fat yogurt
- 2 teaspoons Dijon mustard
- 1-1/2 tablespoons balsamic vinegar
- 1 to 3 cloves garlic, chopped
- 8 cups cut or torn romaine lettuce
- 1/4 cup grated or shaved Parmesan cheese
- 1-pound chicken breasts, cooked, skin discarded and sliced (optional)

1. Preheat the oven to 350 F. Scatter the bread cubes in a single layer on a baking sheet. Coat lightly with olive oil pan spray and bake 15 minutes.
2. Whisk together the yogurt, mustard, vinegar and garlic. Pour over the romaine lettuce and toss. Scatter the cheese on top.
3. Divide among 4 plates and serve as a side dish or lay chicken breast slices on top to make a full meal.

Source: Centers for Disease Control and Prevention

Alice's Notes:

- The first time you try this recipe, check the croutons after about 10 minutes. Some ovens bake faster than others. For a different flavor, experiment with one of the garlic-flavored cooking sprays.
- You can use a vegetable peeler to shave Parmesan cheese.
- If you don't have Parmesan cheese, substitute another hard cheese. The flavor will be different but it will still taste OK.
- If you've run out of fresh garlic, substitute 1/8 teaspoon garlic powder for each clove of garlic. The fresh garlic, however, may offer more health benefits.
- To quickly prepare chicken, grill skinless chicken breasts on a countertop grill that cooks both sides of the meat at the same time. Heat chicken to 165 degrees F.



Source of photo: ARS Image Library

Know how. Know now.