



Caesar Salad

4 (3/4 oz.)	Slices French bread, cut into 3/4-inch cubes
2 Cloves	Garlic, crushed
8 cups	Loosely Packed Sliced Romaine Lettuce
1/2 cup (1 oz.)	Shaved Parmesan Cheese
3 Tbsp.	Water
3 Tbsp.	Fresh Lemon Juice
2 1/2 tsp.	Olive Oil
1 tsp.	Dijon Mustard
1 tsp.	Worcestershire Sauce
1 tsp.	Anchovy Paste
1/2 tsp.	Sugar
3 Cloves	Garlic

1. Combine bread cubes & crushed garlic in a large zip-top plastic bag. Seal bag, and shake to coat bread cubes. Turn bread cube mixture out onto a baking sheet. Arrange in a single layer. Bake at 350 degrees for 15 minutes or until toasted.
2. Combine bread cubes, lettuce, and cheese in a large bowl. Set aside. Combined water and next seven (7) ingredients in container of an electric blender. Cover and process until smooth. Pour over lettuce mixture. Toss Well.

Yield: 4 servings (2 cups/serving)

Calories: 149

Protein: 7 gms

Fat: 5.6 gms

CHO: 17.6 gms

Fiber: 2.4 gms

Sodium: 460 mg

Calcium: 141 mg

Exchanges: 2 Vegetables, 1/2 starch, & 1 fat