

CAESAR SALAD

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1/2 C low-fat buttermilk
2 TBS part-skim ricotta cheese
2 TBS grated Parmesan cheese
2 anchovy filets, rinsed/mashed to a paste
1 garlic clove, crushed
1/4 tsp freshly ground pepper
4 C sliced romaine lettuce leaves
6 cherry tomatoes, halved

DIRECTIONS:

To prepare dressing: in small bowl, combine buttermilk, ricotta, Parmesan, anchovies, garlic & pepper.

In large salad bowl, combine lettuce & tomatoes - drizzle with dressing; toss to coat.

Makes 4 servings

(per serving: 55 calories; 2g total fat; 1g saturated fat; 7mg cholesterol; 167mg sodium, 4g total carbohydrates; 1g dietary fiber; 5g protein, 87mg calcium - WW points per serving: 1)