

# CAESAR SALAD 3 WAYS

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*Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 7 (Serving = 1 cup)*

## **Nutrition (per serving)**

Calories: 150	Total Carbohydrate: 8
Total Fat: 5 g	Dietary Fiber: 0 g
Saturated Fat: 2 g	Total Sugars: 3 g
Sodium: 290 mg	Protein: 17 g

## **Ingredients**

- 4 cups romaine lettuce, chopped (or about 1 head)
- 2 cups cooked chicken breast, cubed
- $\frac{3}{4}$  cup reduced-fat creamy Caesar salad dressing
- $\frac{1}{4}$  cup grated Parmesan cheese
- $\frac{3}{4}$  cup Caesar salad croutons
- $\frac{1}{2}$  cup cherry tomatoes, halved

## **Directions**

1. In a large bowl, combine all ingredients and toss until evenly coated.

### *Other Variations*

#### Caesar Wrap

Add 2/3 cup of Caesar salad mixture to a whole wheat tortilla and fold.

#### Caesar Pasta Salad

Add 2 cups of whole wheat pasta to the Caesar Salad and toss.