

CAESAR SALAD DRESSING

This hits the taste buds all around and is a great addition to any salad, providing a hint of sweet to balance out the bitterness of the ingredients and greens.

SERVINGS	SERVING SIZE	TIME TO MAKE
4	1-2 TABLESPOON	5 MINUTES

INGREDIENTS

- 1-2 Lemons (about 2-3 tablespoons, I like mine tart)
- 1/4 cup shredded Parmesan Cheese
- 2 tsp minced garlic (4 cloves)
- 1 tablespoon Dijon mustard
- 2 teaspoons Worcestershire sauce
- 1/2 can of Sardines (oil based)
- 1/2 oil from Sardines (about 1 tablespoon give or take)
- Dash or two of Black Pepper
- 1-2 tablespoons of Water
- 1 tsp Red Chili Flakes (optional)

DIRECTIONS

1. In a medium sized bowl, whisk together lemon juice, Dijon mustard, and Worcestershire sauce.
2. Add in parmesan cheese, garlic cloves, sardines and oil, dash or two of pepper.
3. If it needs to be thinned, add 1 tablespoon of water at a time.
4. Refrigerated until chilled and can keep covered for up to 5 days, but it may need additional water to keep thinned. If you want a kick to it, add 1 tsp red chili flakes.
5. Add a fresh squeeze of lemon if desired.
6. You can top with some protein such as seasoned scallops, baked chicken or desired protein!
7. Enjoy!

Nutritional Information per serving: 48 Calories, 3 grams Fat, 1 gram Saturated Fat, 16 mg Cholesterol, 142 mg Sodium, 2 grams Total Carbohydrates, 0 gram Fiber, 0 grams Sugar, 4 grams Protein, 2% Vitamin A, 8% Vitamin C, 8% Calcium, 2% Iron