

# Vegan Caesar Salad

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay Nixon

Try this recipe for a vegan twist on a classic salad!

## About the Recipe

**112 Calories · 5 g Protein · 4 g Fiber**

**Lunch · Side Dish**

## Ingredients

***Makes 1 Servings***

- 2 tbsp (30 mL) plain low-fat nondairy yogurt
- 1/2 tsp (2.5 mL) fresh lemon juice
- 1/2 tsp (2.5 mL) Dijon mustard
- 1/4 tsp (1.2 mL) vegan Worcestershire sauce or tamari
- 1/8 tsp (0.6 mL) garlic powder
- 3 c (105 g) romaine lettuce, chopped
- 1/2 c (15 g) croutons
- 6 cherry tomatoes, chopped

## Directions

1. For the dressing: In a bowl, whisk together vegan yogurt (or low-fat vegan mayo), lemon juice, Dijon mustard, and Worcestershire sauce (or low-sodium tamari) until combined, adding garlic powder to taste. Chill until serving.
2. Toss lettuce, croutons, and tomatoes in a large bowl. Add dressing and toss again. Note: To make homemade croutons, toast 1 slice of bread and toss in a bag with garlic powder and salt until lightly coated and broken into small cubes.
3. Serve immediately.

# Nutrition Facts

*Per serving:*

**Calories:** 137 kcal

**Fat:** 2 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 15%

**Cholesterol:** 0 mg

**Protein:** 5 g

**Carbohydrates:** 21 g

**Sugar:** 8 g

**Fiber:** 6 g

**Sodium:** 211 mg

**Calcium:** 110 mg

**Iron:** 2.5 mg

**Vitamin C:** 21 mg

**Beta-Carotene:** 500 mcg

**Vitamin E:** 1.1 mg