




# LIGHTER CAESAR SALAD DRESSING

☆☆☆☆☆ (no reviews yet)

 Makes ½ cup

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## INGREDIENTS

- 1/3 cup plain Greek fat-free yogurt
- 2 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 2 teaspoons Worcestershire sauce
- 1 teaspoon anchovy paste
- 1 teaspoon Dijon mustard
- ½ teaspoon ground black pepper

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## INSTRUCTIONS

Whisk yogurt, lemon juice, garlic, olive oil, Worcestershire sauce, anchovy paste, mustard, and black pepper in a medium bowl. Use immediately or store for later use in the refrigerator.

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## NUTRITION FACTS

*One tablespoon is 26 calories, 2.7 g fat, 0.0 g saturated fat, 1.0 g carbohydrates, 0.8 g sugar, 1.3 g protein, 4.0 g fiber, 65 mg sodium, 1 SmartPts*

Points values are calculated by Snack Girl and are provided for information only. [See all Snack Girl Recipes](#)