

# CAESAR SALAD 3 WAYS

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

Serves: 7 (Serving = 1 cup)

## Nutrition (per serving)

Calories: 150

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 290 mg

Total Carbohydrate: 8 g

Dietary Fiber: 0 g

Total Sugars: 3 g

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



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## 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.