

## Mighty Caesar

**Serves 4**

**Fruit and Vegetable Servings per person = 2**

### **Ingredients:**

#### **Croutons**

2 cups whole wheat bread cubes  
Olive oil cooking spray

#### **Dressing**

$\frac{3}{4}$  cup plain low-fat yogurt  
2 teaspoons Dijon mustard  
 $1\frac{1}{2}$  Tablespoons balsamic vinegar  
1 to 3 cloves garlic, chopped

#### **Salad**

8 cups cut or torn romaine lettuce  
 $\frac{1}{4}$  cup grated or shaved Parmesan cheese  
1-pound chicken breasts, cooked, skin discarded and sliced (optional)

### **Directions:**

1. Preheat the oven to 350°F.
2. Scatter the bread cubes in a single layer on a baking sheet.
3. Coat lightly with olive oil pan spray and bake 15 minutes.
4. Whisk together the yogurt, mustard, vinegar and garlic.
5. Pour over the romaine lettuce and toss.
6. Scatter the cheese on top.
7. Divide among 4 plates and serve as a side dish or lay chicken breast slices on top to make a full meal.

**Cook's Comment:**\* You don't have to tell people this salad is good for them to get them to eat it. Just let the taste do the talking. If you add the chicken, you have 4 of the 5 food groups!

### **Cook's Tips\***

- The first time you try this recipe, start checking your croutons after about 10 minutes. Some ovens bake faster than others. For a different flavor, you might experiment with one of the garlic-flavored cooking sprays.
- You can use a vegetable peeler to shave Parmesan cheese.
- If you've run out of fresh garlic, try substituting  $\frac{1}{8}$  teaspoon garlic powder for each 1 clove of garlic. The fresh garlic, however, may offer more health benefits.

**Source:** Courtesy of National Cancer Institute - Eat 5 A Day for Health: Graham Kerr's "Do Yourself a Flavor" at [www.5aday.gov/index-recipe.shtml](http://www.5aday.gov/index-recipe.shtml)

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