



Caesar Salad Dressing

INGREDIENTS

¾ cup liquid egg whites	4 Tbsp fresh lemon juice
2 tsp Dijon mustard	1 small clove garlic, minced
2 tsp balsamic vinegar	2 tsp Worcestershire sauce or anchovy paste
¾ cup extra-virgin olive oil	2 Tbsp finely grated Parmesan
Salt and black pepper to taste	

DIRECTIONS

In a blender or food processor, add egg whites, lemon juice, Dijon mustard, garlic, vinegar and Worcestershire or anchovy paste. Blend for about 15 seconds until slightly frothy. With the motor running, very slowly drizzle in olive oil to emulsify. Blend until creamy. Stir in Parmesan and season with salt and pepper.

Texture too thin? Add 1 Tbsp Greek yogurt or another ½–1 tsp Dijon

Flavor too sharp? Add ½–1 tsp honey or maple syrup

Makes 8 servings; 180 calories each.