

#Lets Cook 30

CAESAR DRESSING

Try this dressing and you will never buy the bottled stuff again. This dressing tastes great and comes together quickly with ingredients you likely have on hand.

Makes: about 1 cup

Ready in about: 5 minutes

1 tbsp	white vinegar
1 tbsp	yellow mustard
1/2 cup	sour cream
1/3 cup	parmesan cheese
1 medium clove	garlic, minced
1 tbsp	olive oil
1/2 tbsp	lemon juice
1/2 tsp	black pepper

Nutrition Tip

To help reduce the saturated fat in this recipe we used low fat sour cream (20% M.F. or less).

INSTRUCTIONS:

1. In a jar or bowl, mix the vinegar, mustard, sour cream and parmesan cheese together. Then add the minced garlic.
2. Add olive oil and whisk the mixture. You can add more or less of the olive oil, depending on how thick or thin you would like your dressing.
3. Add the lemon juice and black pepper and mix thoroughly.

TIPS:

- Store any unused dressing in the fridge for up to two days.
- If you love garlic you can use more garlic in the dressing.

Adapted from: grouprecipes.com/43744/easy-caesar-salad-dressing.html. Accessed 2019

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