

GREEK YOGURT CAESAR DRESSING



Ingredients:

- ½ cup plain Greek yogurt (can use non-fat)
- ¼ cup mayo
- ½ cup freshly grated Parmesan cheese or nutritional yeast
- 3–4 tablespoons unsweetened milk of choice 1 tablespoon extra-virgin olive oil
- 2 teaspoons anchovy paste (optional)
- 2 teaspoons Worcestershire sauce
- 1 clove garlic, pressed or minced
- 1 teaspoon Dijon mustard
- 1/4 teaspoon sea salt
- pinch of black pepper
- 2–4 tablespoons fresh lime/lemon juice

Instructions:

- 1) Combine kale, Romaine, cabbage, cilantro, pepitas, tortilla strips and avocado in a large mixing bowl.
- 2) Drizzle evenly with the Caesar dressing, and toss to combine.
- 3) Serve immediately, sprinkled with crumbled cotija or queso fresco.

Yields 1 cup