



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### FRESH & LIGHT CAESAR SALAD

4 to 6 slices (1/2 inch thick) sourdough bread	2 teaspoons Worcestershire sauce
Olive oil flavored no-stick cooking spray	1 ½ teaspoons anchovy paste
¾ teaspoon Old Bay seasoning	½ teaspoon ground black pepper
1 small clove garlic, minced	1 teaspoon olive oil
½ cup non-fat mayonnaise	2 large heads romaine lettuce, rinsed and torn into bite-sized pieces
2 tablespoons white wine vinegar	½ cup shredded parmesan cheese
2 teaspoons Dijon mustard	

1. Cut bread slices into ½ inch cubes; place in medium bowl. (You should have about 2 cups of bread cubes.)
2. Coat cubes with no-stick cooking spray and toss until cubes are lightly coated.
3. Add Old Bay seasoning and toss to coat all cubes. Spread cubes in single layer on foil-lined baking sheet.
4. Bake in 400 degree F oven until croutons are golden, about 10 to 12 minutes. Cool to room temperature.
5. Place garlic, mayonnaise, vinegar, mustard, Worcestershire sauce, anchovy paste and pepper in work bowl of food processor fitted with steel knife blade; process until combined.
6. With machine running, pour olive oil through feed tube in slow, steady stream; process until combined. Cover and chill 45 to 60 minutes.
7. Place lettuce in large bowl. Add chilled dressing and toss gently to coat. Sprinkle with cheese and top with croutons.

Makes 6 servings.

