

Parmesan Romaine Salad

(Cooking Light Superfast Suppers, 2003)

Dressing:

2/3 cup lowfat buttermilk
6 Tbsp light mayonnaise
2 tsp anchovy paste
1 Tbsp + 1 tsp Dijon mustard
2 Tbsp red wine vinegar
2 cloves garlic, minced

Salad:

20 oz torn hearts of romaine
1/2 cup chopped red onion
1/2 cup shredded fresh Parmesan cheese
1/2 tsp freshly ground black pepper

- 1) Combine first 6 ingredients (buttermilk through garlic) in a bowl; stir with whisk. Cover and chill for 5 minutes.
- 2) Combine romaine, chicken, and onion in a large bowl. Chill until serving time.
- 3) When ready to serve, toss salad gently with dressing, sprinkle with Parmesan and pepper.

Makes 12 servings (about 1-1/2 cup each)