

# Lightened Up Caesar Salad

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/3 cup Plain Greek Yogurt
- 1 Garlic (clove, minced)
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Tamari
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Dijon Mustard
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 12 leaves Romaine (chopped)
- 6 slices Organic Bacon (cooked and chopped)
- 1 cup Chickpeas (roasted)
- 1 cup Cherry Tomatoes (sliced)
- 1/2 Lemon (sliced into wedges)

## DIRECTIONS

- 01 In a small mixing bowl whisk together the Greek yogurt, minced garlic, apple cider vinegar, tamari, olive oil, Dijon mustard, sea salt and black pepper until smooth and creamy. Set aside.
- 02 Add the chopped romaine and the dressing to a large mixing bowl and toss well. Top with the chopped bacon, roasted chickpeas, and sliced tomatoes. Divide between plates and serve with a lemon wedge. Enjoy!

## NOTES

### NO BACON

Use turkey bacon or coconut bacon instead.

### NO CRISPY CHICKPEAS

Use whole grain croutons instead.

### OPTIONAL TOPPINGS

Avocado, parmesan cheese or nutritional yeast.



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