



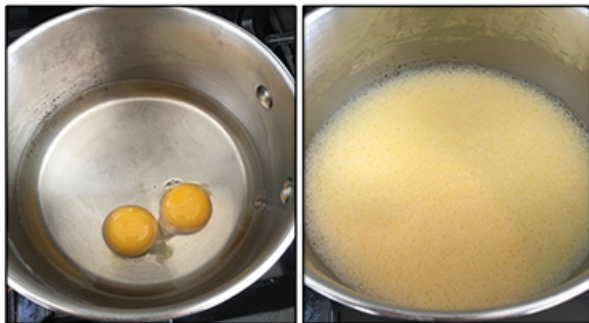
All hail Caesar, Emperor of the ultra fattening salad bar!

Traditional Caesar dressing has a ton of olive oil, whisked with raw egg yolks and anchovy, giving the real thing a pretty short self life. We're blowing both of those issues out of the water. We're cooking the egg yolks in water, that we're about to thicken to the consistency of oil. We'll still be using olive oil in the dressing, but just enough to give a taste of it. There's also a fun trick for ditching the anchovy fillet entirely...Asian fish sauce.

### Ingredients:

- 1 cup water
- 3 tsp cornstarch
- 2 egg yolks
- 1 Tbsp olive oil (see notes)
- 1 cup plain fat free Greek yogurt
- 2 Tbsp lemon juice
- 1 Tbsp dijon mustard
- 1 anchovy fillet, oil drained, rinsed  
OR.... 1/4 tsp Asian fish sauce (much easier)
- 2 tsp worcestershire sauce
- 2 Tbsp Kraft reduced fat Parmesan topping
- 1/4 tsp pepper
- 1/2 tsp salt
- pinch of cayenne pepper

### Directions:



**1** In a small pot, stir together the water and cornstarch with the 2 egg yolks till mixed well. Heat on low-medium heat, till juuuust starting to bubble, then reduce heat a little just below a simmer. Stir on low heat for 2-3 minutes. It's ok if there's some slight curdling in the liquid. Remove from heat, pour into a bowl and allow to cool to room temp. Seriously, room temp.

### Serving Info.:

Yields: 2 cups  
Servings 8  
Size: 1/4 cup



Range  
1-2

*- last checked 12/06/21 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.*

**2** Pour the cooked, cooled egg mixture into a tall container if using an immersion blender, or use a regular blender, to blend together the liquid, olive oil, yogurt, lemon juice, mustard, anchovy fillet (or Asian fish sauce), worcestershire, Parmesan topping, black pepper, salt and cayenne pepper until smooth.



**3** Pour into a container and put into the refrigerator for 1 hour before serving, letting the dressing thicken slightly.

### Notes:

- **ANCHOVIES:** Some brands of canned anchovies might require you to remove the backbone. That's why I purchase filets. Still, if you buy canned anchovy filets, make sure to remove large bones if present.
- **ASIAN FISH SAUCE:** Don't want to deal with all that yucky anchovy business? Get some Asian 'Fish Sauce' from the store Asian food aisle at your local grocery store. Simply add 1/4 tsp to the dressing, instead of the anchovy fillet. What is fish sauce? It's pretty much just anchovy water. It's used in Thai recipes to give a pungent, savoriness.
- Because my recipe has so little olive oil in it, we want as much of a flavor punch as possible. Make sure to buy a bottle that says 'robust', or has some other descriptive word that asserts it has a strong flavor.
- **EGG YOLKS:** If youre personal plan lets you have eggs as one of your 0 point proteins... **ADD A 3RD EGG YOLK TO THE RECIPE!**