



CAESER DRESSING

By Dr. Cindy Tanzar
(Standard and Maintenance Plans)

If you're looking for an authentic Caesar dressing, this is your recipe. Inspired by Wholesome Yum, it is full of flavor and will easily become a family favorite. Don't be intimidated by the anchovy paste if you've never used it. It is the foundation of any good Caesar dressing, and you won't even know anchovies are there. The best I've found is Crown Prince at Kroger or on Amazon. Reese anchovy paste at Walmart is also fine. Keep in mind, not all brand stores carry the same products. Worcestershire gives the best flavor, but coconut aminos work great, too.

This recipe makes a fair amount, so you can cut the recipe in half. One serving of this recipe is 2 Tbsp and covers your fat for one meal.



INGREDIENTS

- 1-1/4 cups Genesis mayo recipe or Primal Kitchen mayo
- 6 Tbsp. extra virgin olive oil
- 2 Tbsp lemon juice
- 2 Tbsp anchovy paste (picture below)



2 Tbsp coconut aminos (can use Worcestershire in maintenance)
6 cloves garlic, minced
Pink Himalayan salt and ground pepper, to taste

INSTRUCTIONS

Put all the ingredients into a large jar, measuring glass or bowl.

Using an immersion blender will blend the garlic best, but you can also smash the garlic well with the side of a knife (making a paste) and whisk everything together, as well.

Blend or whisk until well blended. Keeps well in the refrigerator for one week.

