CAESAR DRESSING

INGREDIENTS:

2 ½ cloves	Garlic, fresh
1 cup.	Low fat cottage cheese
1 ½ cups	Fat free yogurt
½ cup	Parmesan cheese, grated
1 oz.	Lemon juice, fresh squeezed
½ tbsp.	Worcestershire sauce
1 tbsp.	Dijon mustard

METHOD:

- Combine all ingredients in food processor and blend until smooth.
- Store in air tight container and can keep up to 2 weeks refrigerated

Yield: 3 cups
Serving Size: ½ oz.
Calories: 10
Fat: Trace