Noble Alchemy

Healthy Egg-Free Caesar Salad Dressing

This healthy Caesar dressing is creamy, tangy, garlicky, and full of that classic Caesar flavor without using raw egg or loading it up with unnecessary oil. It has the savory punch Caesar dressing needs, but the base is lighter, fresher, and still rich enough to cling beautifully to crisp romaine.

Watch the full demo on my YouTube channel.

Choose organic ingredients whenever possible.

Ingredients

3/4 cup plain Greek yogurt
1/2 cup cottage cheese
1 tablespoon extra-virgin olive oil
2 medium garlic cloves
2 1/2 teaspoons anchovy paste
3 tablespoons fresh lemon juice
1 teaspoon lemon zest
2 teaspoons Dijon mustard
1 1/2 teaspoons Worcestershire sauce
3 tablespoons finely grated Parmesan cheese
1/2 teaspoon sea salt
1/2 teaspoon black pepper
1 to 2 tablespoons cold water, only if needed

Instructions

Add the Greek yogurt, cottage cheese, olive oil, garlic, anchovy paste, lemon juice, lemon zest, Dijon mustard, Worcestershire sauce, Parmesan cheese, sea salt, and black pepper to a blender or food processor.

Blend until completely smooth and creamy. Start without adding water. If the dressing is too thick, add 1 tablespoon of cold water and blend again. Add the second tablespoon only if needed.

Taste and adjust if needed. For more sharpness, add a little more lemon juice. For more savory Caesar flavor, add a touch more Worcestershire sauce or anchovy paste.

Serve this delicious dressing over your favorite greens. If you are making a classic Caesar salad, use crisp romaine lettuce. I personally love this dressing on just about any type of greens.

Bon appetit.