



# Salad - Caesar

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 large (3 lbs)	heads of Romaine lettuce	2 large (1.5 kg)
4 cups	Croutons (see recipe)	1 L
1 cup	parmesan cheese, grated	250 mL
1 cup+	Caesar Dressing (see recipe)	250 mL+

## Instructions

1. Wash and dry lettuce. Chop into bite size pieces. Refrigerate until ready to serve.
2. Just before serving, toss with dressing, croutons, and parmesan cheese. Serve immediately.

<b>Nutrition Information</b>	
Serving 45 g (½ cup)	
<b>Calories</b>	45
<b>Fat</b>	3.5 g
	Saturated 0.5 g
	+ Trans 0 g
<b>Sodium</b>	50 mg
<b>Carbohydrates</b>	2 g
	Fibre 0 g
	Sugars 1 g
<b>Protein</b>	1 g
Calcium	30 mg
Iron	0.2 mg

<b>Food Guide Servings</b>
½ Vegetable & Fruit