

Potato Caesar Salad

Traffic light category: **Green**

Serves: 6 (240g per serve)

Ingredients

- 3 medium potatoes (unpeeled)
- 4 slices (50g) lean ham or bacon
- 2 slices wholemeal bread
- 1 large cos lettuce, washed and dried
- 1 tablespoon grated Parmesan cheese
- 45g can anchovy fillets (optional)

Dressing

- 1 teaspoon mustard
- 1 clove garlic, peeled and chopped
- ½ cup reduced fat natural yoghurt
- 2 sprigs parsley or basil, chopped
- 1 teaspoon lemon juice

Method

1. Boil potatoes for 15 minutes until tender. Drain, cool and cube
2. Grill lean ham or bacon until crisp. Cool and break into pieces, drain on paper towel
3. In the same pan toast wholemeal bread on each side and cut into cubes
4. Tear lettuce into pieces, place in large bowl with potato, ham, Parmesan cheese and bread
5. Rinse anchovy fillets in warm water and dry on paper towels to remove excess salt and oil
6. Reserve half of the anchovy fillets for the dressing
7. For the dressing. Mash reserved anchovy fillets in a small bowl (if using), stir in mustard, garlic, yoghurt and herbs. Use the lemon juice to achieve correct consistency. Drizzle dressing over salad.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	625kJ	263kJ
Protein	10.0g	4.2g
Total fat	2.5g	0.9g
Saturated fat	0.6g	0.2g
Carbohydrate	19.g	8.0g
Sugars	5.3g	2.2g
Dietary fibre	4.5g	1.9g
Sodium	607mg	255mg

