



WESTERN WISCONSIN HEALTH

CAESAR DRESSING (MADE WITH TOFU)

- 2 oz. cubed Parmesan
- 2 cloves garlic
- 2 T. Dijon mustard
- 1 1/2 tsp. white wine vinegar
- 1 1/2 tsp. Worcestershire sauce
- Pinch kosher salt
- Pinch freshly ground black pepper
- 1 C. Silken soft tofu
- 2 T. extra virgin olive oil

Nutrition Facts	
Serving Size (23g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Starting on the lowest speed, chop the cheese cubes in the blender jar until it settles into the bottom of the jar, gradually increasing speed. Add the garlic down the chute and chop until minced. Next, add the mustard, white wine vinegar, Worcestershire sauce, salt and pepper and tofu to the blender and blend until smooth. While the blender is running, drizzle olive oil down the middle of the vortex that has formed. Add more or less of the olive oil and blend until it reaches salad dressing consistency.

NUTRITION FACTS: Serving size: 1 tbsp. per serving, 16 servings