CAESAR SALAD PARMESAN CUPS

Makes 10 servings

INGREDIENTS

Parmesan Cheese, grated 3 oz
Greek Yogurt, fat-free plain 3 tbs
Lemon Juice, fresh 1 ½ tsp
Extra-virgin Olive Oil 1 ½ tsp
Vinegar 1 tsp
Worcestershire Sauce 1 tsp
Dijon Mustard ½ tsp
Black Pepper ¼ tsp
Small Garlic Clove, minced 1 clove
Romaine Lettuce, chopped 4 cups

DIRECTIONS

Preheat the oven to 300. Lightly mist a 12 cup muffin tin with cooking spray and set aside. Line a baking sheet with parchment paper or a silicone baking mat.

Working in batches make 10 piles of 2 tablespoons of Parmesan each onto the parchment paper, leaving several inches in between. With the back of a spoon, flatten each pile until evenly spread into a thin circle. Bake each tray on the middle rack in the oven for 3 - 3 ½ minutes until cheese is bubbly but not yet golden/crisp. Remove from oven and immediately life each cheese round off the sheet with a metal spatula and transfer it into a cup in the prepared muffin tin. Use your fingers to push the cheese into the cup to shape it. When all 10 piles have been transferred to the muffin tin, place the tin into the oven and back the cups for an additional 5 minutes or until the cups are golden and crispy. Allow the cups to cool for a minute and then remove them from the tin to cool.

Combine the yogurt, lemon juice, olive oil, vinegar, Worcestershire sauce, Dijon mustard, pepper and garlic in a bowl and whisk together until thoroughly combined.
When the Parmesan cups have cooled, fill each one with about ¼ cup of the dressed salad and sprinkle any remaining grated Parmesan over the tops of the cups. Serve immediately.

You can store the Parmesan cups in a Ziploc or airtight container in the refrigerator for several days. Only dress the portion of salad you plan to use and store any leftover dressing, lettuce and Parmesan cups separately. Assemble as needed.