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**DIET CENTER**

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**HEARTS OF ROMAINE SALAD**  
**With CREAMY SOY DRESSING**

Basic Lifestyle

Ingredients

- 2 TBS fresh lemon juice
- 2 TBS water
- 1 TSP Dijon mustard
- 1/4 TSP sea salt
- 2 oz. firm silken tofu
- 1 garlic clove, minced
- 2 TSP extra-virgin olive oil
- 1 TBS finely chopped fresh parsley
- 12 cups torn romaine lettuce (about 2 hearts)
- 3 TBS grated fresh Parmesan cheese

Instructions

- 1 Combine first 6 ingredients in a food processor; process until smooth. With processor on, slowly pour oil through food chute; process until well blended. Pour tofu mixture into a small bowl; stir in parsley.
2. Combine romaine lettuce and tofu mixture in a large bowl, and toss to combine. Arrange 1-1/2 cups salad on each of 8 plates, and top each serving with about 1 TSP Parmesan cheese.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1-1/2 cups = 2 V