

Broccoli Caesar Salad with Greek Yogurt Caesar Dressing

Prep: 13 minutes • Cook: 2 minutes

Tender-crisp blanched broccoli is tossed in a tangy, creamy Greek yogurt Caesar dressing, finished with salty Parmesan and plenty of crunchy croutons for a bright, satisfying bite in minutes.

Ingredients

- 6 cups broccoli florets (chopped)
- 2 cups croutons
- 1/2 cup plain Greek yogurt
- 2 tablespoons lemon juice (freshly squeezed)
- 2 tablespoons Parmesan cheese (finely grated)
- 1 tablespoon extra virgin olive oil
- 1 clove garlic (finely grated)
- 2 teaspoons capers (chopped and drained)
- 1 teaspoon dijon mustard
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon black pepper (freshly cracked)

Instructions

1. Prepare an ice bath in a large bowl and set a strainer aside.
2. Bring a medium pot of heavily salted water to a boil.
3. Add the chopped broccoli florets and cook until bright green and tender-crisp, 1 to 2 minutes; do not overcook.
4. Transfer broccoli to the ice bath to cool, about 2 minutes; drain well and pat dry.
5. In a large bowl, whisk together the Greek yogurt, lemon juice, finely grated Parmesan, olive oil, finely grated garlic, chopped capers, Dijon mustard, sea salt, and black pepper until smooth.
6. Add the dried broccoli to the bowl and toss to coat evenly with dressing.
7. Add the croutons and toss again. Taste and finish with additional Parmesan, salt, and pepper as desired. Serve immediately.

Tags: Vegetarian, Salad, Broccoli, Quick, High Protein, Caesar Dressing

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