

Mexican Caesar Salad

Ingredients:

Romaine Lettuce Leaves

Cherry Tomatoes

Broken Baked Blue Tortilla Chips

*Hidden Valley Spicy Ranch Dressing

* I thin the dressing with water to allow for more without adding more fat.

For the serving size listed on the bottle:

2 Tbsp. -add 1 1/2 tsp. water

-you now have 2 1/2 Tbsp. = 16 grams fat

-whisk or shake vigorously to blend-

...it doesn't seem to alter the flavor enough for anyone to notice and it makes a big difference for the amount you can have.

-after the TakeDown you can add more ingredients such as;

black beans, corn, jicama and shredded cheddar cheese