

# HEALTHIER RESTAURANT SALAD



**Healthy Dish**  
**MICHELLE DUDASH**

Among the biggest reasons we get into trouble when eating out: larger-than-life portions.

Even if the ingredients in the dish are healthful, the menu item can contain twice as much energy (calories) as our body needs, which can lead to weight gain over time.

Take the steakhouse wedge salad, for example, one of my favorites. Do we really need a quarter head of

iceberg lettuce smothered in at least four tablespoons of rich blue-cheese dressing? A big-name restaurant's wedge salad racks up 430 calories and 10 grams saturated fat per portion, which isn't too bad if you count that as your entire meal, but that is unlikely.

In addition, its 960 milligrams of sodium are nearly half of the daily limit.

I gave this classic recipe a makeover.

First, I replaced the iceberg with Bibb lettuce because it contains almost twice as much potassium, more than twice as much folate, and six times as much beta-carotene. Lean, oven-crisped prosciutto replaces bacon.

And I lightened the dressing, the worst offender, with light mayonnaise, Greek yogurt and balsamic vinegar for added zest.

E-mail me if you have a favorite restaurant dish that you'd like to see made over.

*Michelle Dudash of Gilbert is a dietitian and Le Cordon Bleu-certified chef. Reach her at michelledudash.com.*



This salad is a healthier version of a traditional restaurant wedge salad.

MICHELLE DUDASH

## Bibb Wedge Salad With Balsamic Blue-Cheese Dressing

**For dressing:**

- ¼ cup crumbled blue cheese
- 2 tablespoons low-fat plain yogurt
- 2 tablespoons light mayonnaise
- 1 tablespoon low-fat milk
- 1 teaspoon balsamic vinegar
- ½ teaspoon Dijon mustard
- ⅛ teaspoons salt
- ⅛ teaspoon coarsely ground

- black pepper, plus additional for garnishing

**For salad:**

- 4 thin slices prosciutto ham, each cut into 3 pieces along natural separation
- 1 head Bibb or Boston lettuce, quartered, leaving some of the core intact
- 14 cherry tomatoes, halved crosswise
- 3 tablespoons chopped chives

**To make the dressing:** Stir together all of the dressing ingredients, mashing the blue cheese into smaller pieces.

**To make the salad:** Preheat oven to 375 degrees. Line a sheet pan with parchment paper or a silicon baking mat. Place prosciutto on pan and bake until crispy, about 9 minutes. Cool.

Arrange lettuce wedges, tomatoes and prosciutto on plates. Spoon dressing on top and sprinkle with chives and additional pepper.

Prep and cook time: 30 minutes. Makes 4 servings.

*Per serving: 92 calories, 6 g (2 g saturated, 0 trans), 481 mg sodium, 15 mg cholesterol, 5 g total carbohydrate, 1 g fiber, 6 g protein.*