

BEYOND HUNGER

GRILLED CHICKEN CAESAR SALAD

Grilled Chicken Caesar Salad is a fun spin on a classic Caesar salad. It's loaded with grilled romaine lettuce, lean chicken breast, and fresh parmesan cheese. This salad is great to serve as an entrée on its own or as a side dish. This recipe includes ingredients to make a homemade Caesar dressing, but this step can be easily substituted with store-bought dressing.

Yield: 4 servings

Ingredients:

- 2 cloves **garlic**
- ½ cup **olive oil**
- 2 to 4 **anchovy fillets**, chopped
- 1 **lemon**, juiced
- **Kosher salt** and **ground black pepper**, to taste
- 1 pound boneless, skinless **chicken breast**
- 4 **romaine lettuce hearts**, halved lengthwise
- ¾ cup freshly grated **parmesan**, plus more for garnish

Instructions:

1. Preheat the grill to medium-high heat.
2. To make the dressing, chop 2 garlic cloves and add to blender with ½ cup olive oil, the anchovies, and lemon juice. Blend until smoother and season with salt and pepper.
3. Pound the chicken breast using a heavy pan or a soup can until they are about 1/8 inch thick. Season the chicken with salt and pepper and toss with 1 Tbsp of Caesar dressing (homemade or store bought).
4. Grill chicken until they are golden and crisp, about 3-4 minutes each side, or until the internal temperature reaches 165 degrees Fahrenheit. * Remove to a plate.
5. Brush the halved romaine hearts with 1-2 Tbsp of the dressing and grill until marked, about 1-2 minutes per side. Chop the lettuce and transfer into a bowl.
6. Cut the chicken into bite-sized pieces and add to bowl with the lettuce. Toss with remaining dressing, parmesan cheese, and pepper to taste.
7. Garnish with more parmesan cheese and homemade croutons. Enjoy!

* **Chef's Note:** This recipe can easily be made on both the stovetop and in the oven. On the stovetop, cook the chicken on a heated pan until it reaches an internal temperature of 165 degrees Fahrenheit. In the oven, preheat to 450 degrees Fahrenheit and place the chicken on a baking pan. Bake in the oven for 15-18 minutes, or until internal temperature reaches 165 degrees Fahrenheit.

Per Serving: Calories 493, Protein 36.2 g, Saturated Fat 7.6 g, Sodium 831 mg, Fiber 1.3 g, Sugars 2.3 g

This recipe was adapted from www.foodnetwork.com.