



## CAESAR SALAD WITH CHICKEN

Servings = 6 · serving size: about 2 cups

30 minutes Prep + Cook Time

This is one of Celia's favorite meals. Adapt the recipe to suit your family's palate. Vegetarians can use meatless chicken strips or patties instead of the chicken breasts, or use shrimp, or even leave the protein off and serve it as a side dish. Serve it with whole grain bread.

- 1-1 1/2 lbs. boneless, skinless chicken breasts or meatless chicken strips or patties
- 4-5 Tbsp. extra virgin olive oil
- 1/4 tsp. salt
- 1/8 tsp. garlic powder
- 2 slices sourdough bread, cut into 1/2-inch cubes, or buy packaged croutons
- 1/4 tsp. kosher or sea salt
- 2 Tbsp. reduced-fat mayonnaise
- 1/2 tsp. minced garlic, (about 1 clove)
- 1/2 lemon, juice only, 2 Tbsp. juice
- 1 tsp. Worcestershire sauce
- 1/2 tsp. anchovy paste, or use mashed capers
- 1 head romaine lettuce, washed, dried and cut or ripped into bite-sized pieces (8 - 10 cups)
- 1/2 cup shredded Parmesan cheese

Preheat the oven or toaster oven to 400 degrees if you are making your own croutons.

Cut each chicken breast crosswise into thin strips. Place the chicken in a flat dish, drizzle it with 1 Tbsp. oil, the salt and the garlic powder, and flip the chicken several times to coat it. Heat a large nonstick skillet over medium heat. Sauté the chicken, turning occasionally, until it is cooked through, 5 - 7 minutes. (Set some cooked chicken aside for non-salad eaters, if necessary.)

To make the croutons, in a medium bowl, toss the bread cubes with 1 - 2 Tbsp. oil and the kosher salt. Place them on a baking sheet in a single layer and bake them in the preheated oven for 3-5 minutes, until they are slightly crisp and browned. Watch them carefully so they don't burn. Set them aside.

To make the dressing, thoroughly whisk together the mayonnaise, 2 Tbsp. olive oil, the minced garlic, the lemon juice, Worcestershire sauce and anchovy paste.

Just before serving, vigorously toss the lettuce, cheese, chicken, croutons and dressing (you probably won't need to use all the dressing) in a large salad bowl.

**Scramble Flavor Booster:** Add plenty of freshly ground black pepper and use aged Parmesan cheese.

### Tip:

If you know you're going to be especially short on time the night you make the salad, you can cook the chicken a night or two ahead of time and store it in the refrigerator.

## SERVE WITH WHOLE GRAIN BREAD

Serve it with a loaf of whole grain bread.

### Nutritional Information per serving (% based upon daily values)

(with homemade dressing and homemade croutons) Calories: 290; Total Fat: 13g, 20%; Saturated Fat: 3g, 15%; Cholesterol: 70mg, 23%; Sodium: 410mg, 17%; Total Carbohydrate: 13g, 4%; Dietary Fiber: 3g, 12%; Sugar: 2g; Protein: 31g

### Nutritional Information per serving with sidedish (% based upon daily values)

(1 slice bread)

Calories: 400; Total Fat: 15g, 23%; Saturated Fat: 3g, 15%; Cholesterol: 70mg, 23%; Sodium: 590mg, 25%; Total Carbohydrate: 33g, 11%; Dietary

Fiber: 6g, 24%; Sugar: 5g; Protein: 35g

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