

chicken caesar salad

Serves: 4

Prep and Cook time: 20 min

Per serving: 242 calories, 11 g fat,
451 mg sodium

8 cups torn lettuce
(romaine recommended)

1/2 cup grated Parmesan
cheese

1 cup croutons

Pepper, to taste

3/4 cup Caesar-style
dressing

2 cups already cooked
chicken chunks, defrosted if
frozen, or canned chicken

1. Place the lettuce in a large bowl. Add the Parmesan cheese and croutons. Pour the dressing over the salad and toss to coat well.

2. Divide the salad among 4 plates and top with the chicken.

Vary It! If you don't have any dressing, try whisking together 1/4 cup parmesan cheese, 1/4 cup mayonnaise, 2 TBS milk, 1 TBS lemon juice, 2 tsp mustard, 1 clove of garlic, and 1/8 tsp cayenne pepper

