

# Chicken Caesar Salad

*This recipe is intended to be served as an entrée. This is a classic dish that never goes out of style and can still be eaten as part of a healthy lifestyle with this lighter vinaigrette dressing. Feel free to add a few croutons as a garnish (but go easy)!*

## **Ingredients**

4 boneless, skinless chicken breasts  
4 tsp extra-virgin olive oil  
2 tsp Montreal steak spice  
2 heads Romaine lettuce hearts  
Shaved Parmesan cheese

### *Dressing:*

¼ cup lemon juice  
¼ cup extra-virgin olive oil  
2 tbsp Dijon mustard  
2 anchovy fillet, minced  
1 tbsp grated lemon zest  
1 clove garlic, minced  
Fresh ground pepper to taste



## **Preparation**

1. In bowl, toss chicken with half of the oil and the steak spice; let stand for 10 minutes.
2. In large skillet, heat remaining oil over medium-high heat; cook chicken, turning once, until golden brown and no longer pink inside, 8-10 minutes. Let stand for 5 minutes; thinly slice cross-wise.
3. Meanwhile, trim end of each head of lettuce, leaving core attached. Quarter each head lengthwise through core.
4. For the dressing, in bowl, whisk together lemon juice, oil, Dijon, anchovies, lemon zest, garlic and salt and pepper.
5. To plate, arrange 2 quarters on each plate; top with sliced chicken. Drizzle with vinaigrette and top with shaved Parmesan.

## **Nutrition (per serving)**

400 calories, 38g protein, 13g carbohydrates, 11g fat, 7g fibre