



Chicken Kale Caesar Salad



prep time
10 minutes



total time
20 minutes



servings
4-6

Ingredients

- Cooked rotisserie chicken, 2 breasts (approx 350 grams), chopped into small cubes ~ 15 protein servings
- 2 large slices sourdough bread ~ 3 carb servings
- 1 tbsp olive oil ~ 1 fat serving
- 1 bunch kale (approx 8oz) ~ 2 veggie servings
- 2 tbsp lemon zest
- 1/4 cup freshly grated parmesan cheese ~ 1 protein serving, 1/2 fat serving

Lemon Caesar Dressing:

- 2 tbsp mayonnaise ~ 1 1/3 fat serving
- 1/4 cup lemon juice
- 1/4 cup freshly grated parmesan cheese ~ 1 protein serving, 1/2 fat serving
- 1 garlic clove– grated or minced
- 1 tsp dijon mustard
- 1/2 tsp black pepper
- 1/3 cup olive oil ~ 5 fat servings

 simple salad

Instructions

- 1 Cut sourdough bread into small cubes and toss in oil. Season with a pinch of salt. Heat a frying pan over medium-low heat. Toast cubed bread until golden brown.
- 2 Remove the bread from the pan and allow to cool. Use a sharp knife to chop into even smaller pieces.
- 3 Chop kale pieces until it is finely shredded and place in a large mixing bowl.
- 4 In a separate bowl, prepare lemon caesar dressing. Whisk together mayonnaise, lemon juice, parmesan cheese, garlic, dijon, and pepper until fully combined. While moving the whisk briskly, pour the olive oil into the bowl in a steady stream.
- 5 Pour dressing over the kale and use your hands to really massage the dressing into the kale. Toss the croutons, chopped chicken, lemon zest and fresh parmesan cheese into the salad and serve.



Whole Recipe Breakdown:
17 Servings Protein
3 Servings Carb
5 1/3 Servings Fat
2 Servings Veggies

