

Chicken Caesar Salad

The Tampa Tribune

Serves 2

Ingredients

Chicken

- Non-stick cooking spray
- 6 oz. chicken breast
- 1/4 cup plain bread crumbs
- 2 of the 6 medium garlic cloves, crushed (divided use - remainder for dressing)
- Black pepper
- Pinch of salt
- Grated rind from 1 medium lemon (about 1/2 Tbsp)
- 1 Tbsp fresh lemon juice (of 3 Tbsp total, divided)
- 1 egg white
- 1 French bread baguette

Dressing

- 4 anchovies, mashed
- Remaining 4 garlic cloves, crushed
- Remaining 2 Tbsp fresh lemon juice
- 4 tsp Worcestershire sauce
- 4 tsp olive oil

Salad

- 1 small head romaine lettuce, washed and cut up
- 1/4 medium red onion, sliced
- 1/2 cup croutons
- 2 Tbsp Parmesan cheese

Instructions

Chicken

1. Preheat broiler. Line a baking sheet with foil and spray with non-stick cooking spray.
2. Remove fat from chicken.
3. Mix bread crumbs, 2 crushed garlic cloves, pepper, salt, lemon rind, and 1 Tbsp lemon juice together in a small bowl.
4. Whisk egg white lightly in a separate bowl.
5. Dip chicken into egg white, then roll in bread crumbs. Dip in egg white again and roll again in bread crumbs.

6. Place on prepared baking sheet and broil about 5 inches from heat for 5 minutes.
7. Turn and broil another 5 minutes. Remove from oven and turn off broiler.
8. Five minutes before serving, warm baguette.

Dressing

1. Put anchovies, remaining lemon juice, remaining garlic, Worcestershire sauce, and olive oil in a food processor and mix, or mix and mash together well by hand.

Assembly

1. Place lettuce in a salad bowl and toss with half the dressing. Divide salad between two plates.
2. Add croutons and sprinkle with Parmesan cheese and onion slices.
3. Cut chicken into thin slices and place on top.
4. Spoon remaining dressing over the top.
5. Serve with warm bread.

CHICKEN CAESAR SALAD

THE TAMPA TRIBUNE

Non-stick cooking spray
6 oz. chicken breast
 $\frac{1}{4}$ c. plain bread crumbs
6 medium garlic cloves,
crushed, divided
Black pepper
Pinch of salt
Grated rind from 1 medium
lemon, $\frac{1}{2}$ Tablespoon
3 tablespoons fresh lemon
juice, divided
 $\frac{1}{4}$ med. red onion, sliced

1 egg white
1 French bread
baguette
4 anchovies, mashed
4 tsp. worcester-
shire sace
4 tsp. olive oil
1 sm. head romaine
lettuce, washed &
cut up
 $\frac{1}{2}$ cup croutons
2 T. parmesan
cheese

Chicken: Preheat broiler. Line a baking sheet with foil and spray with non-stick cooking spray. Remove fat from chicken. Mix bread crumbs, 2 crushed garlic cloves, pepper, salt, lemon rind and 1 tablespoon lemon juice together in a small bowl. Whisk egg white lightly in a separate bowl. Dip chicken into egg white and then roll in bread crumbs. Dip in egg white again and roll again in bread crumbs. Place on prepared baking sheet and broil about 5 inches from heat for 5 minutes.

Turn and broil another 5 minutes. Remove from oven and turn off broiler. Five minutes before serving, warm baguette.

Dressing: Put anchovies, remaining lemon juice and garlic, Worcestershire sauce and olive oil

SCHICKEN CAESAR SALAD, CARD NO. 2

in a processor and mix, or mix and mash together well by hand. Place lettuce in a salad bowl and toss with half the dressing. Divide salad between two plates. Add croutons and sprinkle with Parmesan cheese and onion slices. Cut chicken into thin slices and place on top. Spoon remaining dressing over the top. Serve with warm bread.

Serves 2.

Calories 537; Protein 44 g; Carbohydrates 50 g; Fiber 6 g; Fat 18 g; Cholesterol 84 mg; Sodium 1,098 mg; Calories from Fat: 30%.

