Kale and Romaine Chicken Caesar Salad

4 Servings
20 minute prep time
20 minutes total time

INGREDIENTS
- 2oz whole grain bread
- 1 1/2 oz Parmesan in pieces
- 1/4 cup Parmesan finely grated
- 1 tbsp olive oil
- 1lb chicken cutlets
- Kosher salt
- Pepper
- 1 Lemon
- 2 cloves garlic, finely grated
- 1 anchovy, finely chopped
- 2 tsp Dijon mustard
- 1/2 tsp Worcestershire Sauce
- 1/4 ox Lowfat Greek Yogurt
- 1/2 large head romaine, torn into pieces
- 5oz baby kale

DIRECTIONS
1. Heat oven to 375 degrees F. Line a large baking sheet with nonstick foil. In the bowl of a food processor, process the bread and Parmesan pieces to form coarse crumbs. Add the oil and pulse to combine.

2. Drop 8 spoonfuls (about 2 tablespoons each) of the mixture onto the prepared baking sheet and for 2-inch rounds. Bake until golden brown, 7 to 9 minutes. Let cool on the baking sheet.

3. Meanwhile, lightly oil a grill pan and heat over medium-high heat. Season the chicken with 1/4 teaspoon each salt and pepper and grill until cooked through, 2 to 3 minutes per side. Transfer to a cutting board and slice.

4. Zest the lemon over a large bowl, then squeeze in the juice (you should have about 2 teaspoons zest and 3 tablespoons juice). Add the garlic, anchovy, mustard, Worcestershire sauce, grated Parmesan, and 1/2 teaspoon pepper and whisk to combine. Whisk in the yogurt.

5. Add the lettuce to the dressing and toss to coat. Fold in the chicken and kale and serve with the Parmesan crisps.

Kale contains folate which may boost memory, as well as calcium and potassium which help keep the heart healthy.