

# Deconstructed Chicken Caesar Salad

Adapted from *Bon Appetit*, March 2012



4 pieces boneless skinless chicken breast halves

Kosher salt and freshly ground black pepper

1/2 cup Pecorino Romano cheese, grated (or Parmigiano)

1/2 cup panko bread crumbs

2 tablespoons olive oil

2 tablespoons Italian parsley

2 large garlic cloves, smashed, minced

## GRILLED ROMAINE:

2 whole Romaine lettuce, heads, halved lengthwise

1 tablespoon extra virgin olive oil

1 whole lemon, cut in wedges, on each plate

About 1/2 cup Mayo Caesar Dressing

1/4 cup Pecorino Romano cheese, grated, for garnish on the lettuce (or Parmigiano)

## Servings: 4

*I used a little sprinkle of Pecorino cheese on top of the roasted Romaine - and what I had contained some truffles. You can use regular Pecorino, or Parmigiano too.*

1. Trim chicken breasts as needed, and pound them slightly to an even 1/2 inch thickness.
2. Sprinkle chicken with salt and pepper to taste.
3. In a small bowl mix together the cheese, panko, olive oil, parsley and smashed garlic.
4. Preheat oven to 450°.
5. Using a large baking sheet, line it with foil. Place the chicken breasts on the foil. Gently spoon the cheese/panko mixture on top of each breast.
6. Bake for 10 minutes, until the topping has just begun to brown (no longer).
7. Meanwhile, cut the Romaine heads in half, lengthwise, leaving some of the root end intact, so it holds together. Brush the cut side of each half with oil.
8. After the chicken has roasted for 10 minutes, remove pan and place the oiled Romaine heads on the baking sheet, and try to roll them so the cut edge is level, if possible. Return to oven and continue roasting for about 5 more minutes. Watch the pan carefully. If the Romaine hasn't browned much, turn heat element to broil, and cook for about 1 more minute, just so the Romaine begins to brown on the edges (not necessary for the cooking, but it looks more interesting).
9. Place chicken breast on each plate, with the Romaine half next to it. Drizzle the Romaine with the Mayo Caesar Dressing. Sprinkle with additional Pecorino cheese, if desired.

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Per Serving (excluding unknown items): 377 Calories; 17g Fat (39.8% calories from fat); 41g Protein; 17g Carbohydrate; 7g Dietary Fiber; 80mg Cholesterol; 411mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 2 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>