

Grilled Romaine Caesar Salad with Chicken and Caper-Parmesan Dressing

Carolyn T's
Main Cookbook

Servings: 4

Author: Phillis Carey, instructor and cookbook author



DRESSING:

3 large garlic cloves
3/4 cup mayonnaise, low-fat is okay
2 tablespoons grated Parmesan cheese
1 tablespoon capers, rinsed, drained (or substitute 1 tsp anchovies)
2 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard

CHICKEN & MARINADE;

2 pieces chicken breast, no skin, no bone,
R-T-C

1/4 cup olive oil
2 cloves garlic, minced
1 tablespoon fresh lemon juice
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

SALAD:

1 head Romaine lettuce
12 whole cherry tomatoes, halved
1/2 cup croutons, garlic flavored
1/4 cup Parmesan cheese, shaved in
shards

Serving Ideas: This can also be served as a first course salad, but without the chicken, of course. Use smaller heads of Romaine in that case.

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

Your Text Here

Per Serving (excluding unknown items): 712 Calories; 61g Fat (74.8% calories from fat); 34g Protein; 12g Carbohydrate; 4g Dietary Fiber; 92mg Cholesterol; 798mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates.

Notes: Ideally you want to use small Romaine heads (the big, huge ones will be too long, too big and unwieldy on a plate), so you can remove some of the outer leaves for another salad and just use the hearts of the Romaine.

1. Dressing: combine all ingredients in the food processor and blend until smooth. Can be made up to 2 days ahead, or at least 2 hours ahead.
2. Chicken: Trim and pound chicken breasts to an even 1/2 inch thickness. Combine marinade and add chicken, turning to coat well. Let stand for at least 30 minutes, or up to 2 hours in the refrigerator.
3. Grill chicken about 4 minutes per side or until cooked through. Cool slightly and cut into 1/2 inch cubes.
4. Romaine: Remove any outer bruised lettuce leaves and quarter the head lengthwise, keeping the root end intact (so the lettuce will hold together when it's grilled). Preheat grill (if on an outside grill heat to medium-high; if an indoor stovetop grill, heat to medium only). Brush the two cut sides of romaine quarters with a bit of the salad dressing, then grill, cut side down, until lightly browned. This will grill about 2 minutes total, so 1 minute on each cut side. Do not turn the lettuce over onto the back side.
4. Immediately remove grilled wedges to a serving plate and brush some of the dressing over and under the leaves. Sprinkle salad with chicken, tomatoes and croutons. Drizzle decoratively with more dressing and top with Parmesan shards.