

# Grilled Lemon Chicken Caesar Salad

Yield: 2 servings (lunch-sized)

## Dressing Ingredients:

1 clove garlic, minced  
2 tablespoons lemon juice  
1 teaspoon anchovy paste  
2 teaspoons Dijon mustard  
2 tablespoons good mayonaise  
1 tablespoon red wine vinegar  
1/3 cup extra virgin olive oil  
1 ½ teaspoons Kosher salt  
½ teaspoon freshly ground pepper

## Salad Ingredients:

1 head Romaine lettuce  
garlic croutons (baguette bread, garlic-infused  
extra virgin olive oil, kosher salt)  
1/3 cup freshly shaved parmesan cheese

## Grilled Lemon Chicken Ingredients:

1 split chicken breast  
1 clove garlic, minced  
2 tablespoons lemon juice  
1 teaspoon lemon zest  
3 tablespoons olive oil  
1/4 teaspoon Kosher salt  
freshly ground pepper



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- Step 1:** Place the chicken breast in a small Ziploc bag and add the garlic, olive oil, lemon juice, salt and pepper. Seal the bag and carefully ensure the marinade is mixed and the chicken is resting in it. Refrigerate for 1 hour or overnight. Then grill on medium-high heat for 5 – 7 minutes on each side (or until the internal temperature reaches 165° F).
- Step 2:** Preheat oven to 350°F.
- Step 3:** **Make the croutons.** Take ½ of French baguette and cut into 1-inch cubes. Put 2 tablespoons of garlic-infused extra-virgin olive oil in a medium-size bowl. Add the bread cubes and toss to coat. Add some grated Parmesan or Romano cheese and season with kosher salt. Toss again and lay out cubes on a baking sheet pan. Arrange bread cubes in a single layer. Toast for approximately 15 minutes or until the cubes are golden brown.
- Step 4:** **Next, make the dressing.** Combine the minced garlic, lemon juice, anchovy paste, Dijon mustard, red wine vinegar, mayonaise, salt and pepper into a large size bowl.
- Step 5:** Vigorously whisk all the ingredients together. Slowly add the olive oil while continuing to whisk all the ingredients together. Taste the dressing and adjust the seasoning to your preference.
- Step 6:** Chop the romaine lettuce into 1-inch strips.
- Step 7:** Add the croutons to the bowl with the dressing and toss. Then add the romaine lettuce and shaved Parmesan cheese and toss gently insuring all the pieces are coated.
- Step 8:** Plate the salad and top with chilled and sliced grilled chicken and more shaved Parmesan cheese if desired. Enjoy!