

Grilled Chicken Caesar Salad Recipe



PREP TIME:
15 MINUTES

COOK TIME:
10-12 MINUTES

TOTAL TIME:
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Grilled Chicken Ingredients:

- 1 ¼ lbs. Organic Chicken Breast – Fat Trimmed
- 2 TBSP Extra Virgin Olive Oil
- 1 teaspoon Salt
- Cracked Pepper to Taste
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1 teaspoon Ground Cumin
- 1 teaspoon Oregano
- 1 teaspoon Dried Basil

Salad Ingredients:

- 10 oz. Organic Baby Romaine Lettuce
- 2 Baby Cucumbers – Halved and Sliced
- ½ Pint Organic Grape Tomatoes – Halved
- 2 oz. Shredded Dairy Free Cheese – Parmesan or Mozzarella
- 1 Large Avocado – Sliced
- 4 TBSP Caesar Dressing – (*recommend Primal Kitchen Brand*)

Crouton Ingredients:

- 2 Slices Gluten Free Bread (*recommend Carbonaut or Base Culture Brands*) - Cubed
- 1 ½ Tablespoons Olive Oil
- 1/8 teaspoon Sea Salt
- ¼ teaspoon Dried Rosemary
- ½ teaspoon Garlic Powder
- ½ teaspoon Onion Powder

Chicken Instructions:

1. Warm up grill to medium heat.
2. Lay out chicken breasts on a plate and drizzle with olive oil on both sides.
3. Sprinkle chicken on both sides with sea salt, cracked pepper, garlic powder, onion powder, cumin, oregano, and basil.
4. Place chicken on grill and allow to cook on each side about 6-8 minutes until cooked through with an internal temperature of 165 degrees.
5. Remove from grill and set aside. Allow to sit 5-10 minutes.
6. Slice each chicken breast into thin slices.

Crouton Instructions:

1. In a small mixing bowl, add the cubed bread.
2. Drizzle with olive oil. Then add salt, rosemary, garlic powder, and onion powder.
3. Toss lightly and lay out on pan of a toaster oven.
4. Toast until golden – about 3-5 minutes dependent on your toaster oven.
5. Set aside.

Salad Instructions:

1. In a large salad bowl, empty contents of baby romaine lettuce.
2. Add in sliced cucumbers, tomatoes, vegan cheese.
3. Add 4 Tablespoons of Caesar dressing and toss lightly.
4. Portion into 4 bowls. Add ¼ of the sliced avocado to each bowl.
5. Top each bowl with sliced chicken and avocado.

***Try and use all organic ingredients if possible.**

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