

Grilled Chicken Caesar Salad

Dressing Ingredients:

1 clove garlic, minced
1/3 cup olive oil
3 tablespoons lemon juice
1 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/4 teaspoon ground mustard

Salad Ingredients:

2 boneless skinless chicken breast halves
2 Tablespoons oil
1 bunch romaine, washed and torn into bite-size pieces (10 cups)
1 cup Caesar or garlic-flavored croutons
1/3 cup freshly grated Parmesan cheese
Freshly ground pepper



Directions:

1. Cut chicken diagonally into 1/2-inch slices and fry in oil until juice is no longer pink when centers of thickest pieces are cut.
2. Mix dressing ingredients in a small mixing bowl. Put romaine in a large salad bowl; toss with dressing to coat. Sprinkle with croutons, cheese and pepper; toss.
3. Divide salad among 6 serving plates. Top each serving with chicken.

Makes 6 servings