

Caesar Salad with Sliced Chicken

Hail to the Chef! Chef Caesar Cardini that is. He created this classic American salad back in 1924 when his restaurant was running out of food. As Chef Cardini was low on supplies, his salad consisted of only Romaine lettuce, eggs, anchovies and croutons. However, since I'm usually not running low on groceries when I make it, I add a few additional items to make it even more refreshing. The dressing's what makes this salad so great and this eggless Caesar Dressing will not disappoint.

I could live on this salad during the summer months. Buon Appetito!

Preparation Time: 30 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add. Prep and lay out items in all boxes and the assembly's a whiz!

Chicken or Plant-based Choice

Plant-based Choice:

1 tsp. olive oil
15 pieces Plant-based Chick'n Strips
1/4 C. white wine
- or -

Optional Chicken:

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine

Caesar Salad

8 leaves Romaine lettuce
2 C. arugula
2/3 C. red bell pepper (cut into thin slices)
1 C. cucumber (peeled and chopped)
2/3 C. fresh jicama (thin sliced)
1/2 C. thin slices red onion (quartered)
10 cherry tomatoes (halved)
2 T. shredded Parmesan

Garlic Toast and Fresh Melon

6 slices of artisan baguette garlic powder over butter
garlic powder
1/2 of a chilled melon (rind removed, melon sliced)

Eggless Caesar Dressing

2 T. olive oil
2 T. Veganaise
2 T. shredded Parmesan cheese
2 T. lemon juice
1 tsp. Dijon mustard
1 clove garlic (smashed and chopped)
1/4 C. low-sodium vegetable broth
Salt and pepper to taste
1 tsp. Worcestershire sauce

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once items are prepped cook the chicken or plant-based option and set aside. While that cools, make the Caesar Dressing. Assemble the salads on individual serving plates, make garlic toast and serve.

Chicken or Plant-based Choice

1. Brown Chick'n strips in hot oil in a medium sauté pan.
2. Add white wine to pan and cover. Let steam until liquid is mostly cooked away.
3. Remove from heat and let cool. When cool enough to handle, slice in half lengthwise. Break strips into irregular pieces as you distribute them over the salads.

- or -

1. Brown chicken breast in oil in a medium sauté pan.
2. Add white wine to pan, bring to a boil, cover and cook 5 minutes, turning once.
3. Season with a little salt and pepper.
4. Remove from heat. When cool, slice.

Eggless Caesar Dressing

Combine all dressing ingredients in a food processor and blend until smooth. You'll use a total of 6 T. of the dressing. tonight.

Refrigerate the leftover dressing in a jar with a tight-fitting lid.

Caesar Salad/Garlic Toast

1. Break up lettuce and drop into a large mixing bowl. Toss in arugula and the rest of the salad ingredients.
2. Dress with 6-8 T. of the dressing and toss thoroughly.
3. Divide dressed salad between two plates.
4. Top with Chick'n pieces or optional sliced chicken.

Toast and butter bread. Sprinkle lightly with garlic powder.
Serve sliced melon as a finish.

What I've Learned from this Recipe

The classic Caesar has few ingredients. I say, "Feel free to add more!" I also skip the croutons and serve the salad with some garlic toast tonight.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com