

Caesar Salad with Sliced Chicken

It's a holiday salad! Legend has it that chef Caesar Cardini created this classic American salad back in 1924 when his restaurant was running out of food. It is said that over a long July 4th weekend, with supplies running low, he started grabbing what he had left in the kitchen; lettuce stalks, garlic, eggs, Parmesan cheese and croutons. Voila! The Classic Caesar Salad was created out of necessity.

Tonight we'll make the salad with Romaine lettuce, red bell peppers, cucumbers, tomatoes and sweet onion. It's topped with sliced Chick'n Strips and a delicious eggless Caesar Dressing. I also skip the croutons and serve it with fresh bread or toast. Buon Appetito!

Preparation Time: 30 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Plan to organize ingredients on small plates or in bowls so they are easy to add. When you prep and lay out items at the start, the assembly's a whiz!

Plant-based Choice or Optional Chicken

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

10-12 leaves Romaine lettuce
2/3 C. red bell pepper (cut into thin slices)
1 C. cucumber (peeled and chopped)
1/2 C. thin slices red onion (quartered)
10 cherry tomatoes (halved)

2 T. shredded Parmesan

Bread/Fruit Finish

6 slices of artisan baguette (warmed)

1 orange (sliced into thin rounds)

Eggless Caesar Dressing

2 T. olive oil
2 T. Veganaise (or mayonnaise)
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 Chick'n or optional chicken. Put the bread in the oven to warm and make the Eggless Caesar Dressing. Assemble the salads and serve on individual serving plates.

Plant-based Choice or Optional Chicken

Plant-based Choice:

1. Brown Chick'n strips in hot oil in a medium sauté pan.
 2. Add 1/4 C. 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 pieces in half lengthwise and break strips into irregular shapes as you distribute them over the salads.
- or -

Optional Chicken:

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/Warm Bread

- Combine all ingredients in a food processor and blend until smooth.

* Tonight you'll use a total of 6 T. of the dressing. Refrigerate the leftover dressing in a jar with a tight-fitting lid.

- Wrap bread in foil and place it in a 200° oven to warm.

Caesar Salad

1. Break up lettuce and drop into a large mixing bowl. Add vegetables.
2. Dress with 6 T. of the dressing and toss thoroughly.
3. Divide dressed salad between two plates.
4. Top with Chick'n pieces (or optional chicken) and extra Parmesan.

Serve sliced orange as a finish.

What I've Learned from this Recipe

The true Caesar salad only has Romaine lettuce and croutons. It also uses anchovies and raw egg in the dressing. I add vegetables because I have them on hand and I prefer my dressing without eggs and anchovies. No need for croutons if you're serving fresh artisan bread.

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