

# Caesar Salad with Sliced Chicken

The first time I experienced a Caesar Salad was at the famous Brown Derby restaurant in LA. I was young, newly married and naive. It turned out to be the only thing on the menu my wife and I could afford.

When the waiter wheeled the cart to our table to prepare the salads, he grabbed the egg at speed with a flourish and cracked it with one hand. Nothing happened. The kitchen had sent him a hardboiled egg. He smiled through gritted teeth and hissed at the busboy to fetch him a raw egg for the dressing. The show was worth the price.

You won't have the same problem with this version since it utilizes a wonderful eggless Caesar dressing. Enjoy!

**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 and the assembly's a whiz!

### Plant-based Choice or Chicken Option

#### Plant-based Choice:

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

- or -

#### Chicken Option:

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

### Caesar Salad

10-12 leaves Romaine or green leaf lettuce  
2/3 C. red bell pepper (cut into thin slices)  
1 C. cucumber (peeled and chopped)  
1/2 C. thin slices sweet onion (quartered)  
2 Roma tomatoes (coarsely chopped)

### Bread or Rolls and Sliced Oranges

slices of artisan baguette or 1 roll per diner (warmed)

1 orange (sliced into thin rounds and rounds halved)

### 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 plant-based choice or optional chicken. While that cools, make the Caesar Dressing. Put the bread in to warm, assemble the salads on individual serving plates and serve.

### Plant-based Choice or Chicken Option

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.
- 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.

\* Break Chick'n Strips (or chicken) into irregular pieces when distributing over the salads.

### Preheat oven to 220° for bread

#### Eggless Caesar Dressing and 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 the oven to warm.

### Caesar Salad

1. Break up lettuce and place in a large mixing bowl. Add prepared 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 chicken option.

Serve a basket of warm bread and sliced oranges on the side.

### What I've Learned from this Recipe

Some people get queasy about consuming raw eggs. This eggless Caesar dressing serves the salad beautifully without raw eggs and provides a slightly healthier meal.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)