

Caesar Salad with Sliced Chicken

You may have thought it was named after the emperor, but Chef Caesar Cardini invented the Caesar Salad on a busy 4th of July weekend in 1924 when he was running low on ingredients at his restaurant in Tijuana. The salad was so popular it became a regular menu item.

I offer this salad with a terrific eggless Caesar Dressing. We'll throw some browned Chick'n strips (or optional sliced chicken) on the salads to add extra interest.

Preparation Time: 30 minutes - Serves: 2.

Organize Your Ingredients!

Notes on Organizing

Plan to prep and organize ingredients so they are easy to add. Once that's done, 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 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)

2 T. shredded Parmesan

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

Bread/Fruit Finish

artisan bread or 1 roll per diner (warmed)

1 orange (sliced into thin rounds)

*Start by Warming Bread -
Wrap in foil and
Place in a 220° Oven*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once items are prepped and the bread's warming, cook the Chick'n strips (or optional chicken.) While that cools, make the Caesar Dressing.
Finish by assembling the salads on individual dinner 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 in half lengthwise.
4. Break strips into irregular pieces and return them to the pan. Add a little wine and deglaze the pan with the strips in the pan.
5. Divide Chick'n pieces between the finished 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 and divide between finished salads.

Eggless Caesar Dressing

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

Tonight you'll use a total of 6 T. of the dressing.

You'll have extra dressing. Refrigerate the leftover dressing in a jar with a tight-fitting lid.

Caesar Salad

1. Break up lettuce leaves, and drop into a large mixing bowl. Toss with red peppers, cucumbers, onions and tomatoes.
2. Dress with 6-8 T. of the dressing and toss thoroughly.
3. Divide dressed salad between two plates.
4. Top with sliced Chick'n pieces or chicken.

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

What I've Learned from this Recipe

Some people get queasy about consuming raw eggs. That's why I created this dressing. This eggless Caesar dressing serves the salad well 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