

Seared Romaine and Chicken Caesar Salad

Including colorful, flavorful salads in your weekly meal plan is an easy way to get more nutrient-rich plant foods onto your cancer-protective table. This Caesar salad is a bit different (and more interesting!) than most Caesar salads, because the romaine hearts are first sliced, brushed with extra-virgin olive oil and seared in a skillet. From there, the warmed romaine is served with juicy tomatoes, cucumber slices, lean sautéed chicken and a drizzle of Caesar salad dressing. It's lovely when served on a large platter, but the romaine can also be chopped and placed into four individual salad bowls with all the other goodies on top.

Makes 4 Serving (240 grams)

Per serving: 240 calories, 13 g total fat (1.5 g saturated fat, 0 g trans fat), 70 mg cholesterol, 4 g carbohydrates, 27 g protein, 1 g dietary fiber, 390 mg sodium, 2 g sugar, 0 g added sugar.

INGREDIENTS

Salad

- 3 tsp. extra-virgin olive oil, divided
- 2 romaine hearts, sliced in half lengthwise
- A few generous pinches kosher salt and ground black pepper
- 4 small tomatoes, each cut into 4 wedges
- 1 cup thinly sliced English cucumber (1/2 English cucumber)
- 1 Tbsp. Caesar salad dressing
- 4 lemon wedges, optional
- 1/4 cup grated Parmesan cheese, optional

Chicken Marinade

- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. lemon juice
- 1 garlic clove, minced
- 1/2 tsp. dried oregano
- 1/4 tsp. kosher salt
- A few pinches black pepper
- 1 pound chicken tenders

DIRECTIONS

1. For marinade, place olive oil, lemon juice, garlic, oregano, salt and pepper in small bowl and stir to combine. Place chicken in large, resealable plastic bag. Pour marinade over chicken. Remove air from bag and seal. Place in refrigerator and allow chicken to marinate for a minimum of 1 hour or as long as overnight.
2. To sear chicken, heat 1 teaspoon of oil in large nonstick skillet over medium heat. Cook chicken until cooked through and golden on the outside, 3 to 4 minutes per side. (Adjust cook time for thicker pieces.) Remove to a plate and cover lightly with aluminum foil.
3. Brush remaining 2 teaspoons oil over both sides of each romaine heart. Sprinkle with salt and pepper.
4. In the same large nonstick skillet, cook two romaine halves over medium heat until lightly charred, 1 to 2 minutes per side. Transfer to large serving platter. Repeat with remaining romaine. Arrange chicken, tomatoes and cucumber around charred romaine. Drizzle dressing over lettuce and serve with lemon wedges and Parmesan cheese, if desired.



NOTES

If you're looking for other protein options, try shrimp, salmon or chickpeas. Other vegetable options include avocado, bell peppers and red onion.