

Healthy Caesar Salad

submitted by StephanieBraddock



Per serving: 461 Calories • 6.3g Carbs (2g Fiber) • 22.1g Fat • 57.6g Protein

Ingredients

Ingredients scaled to: 1 serving

- 1 tbsp **Caesar salad dressing** (15 grams)
- 3 cup **Spinach** (90 grams)
- 1 breast, bone and skin removed **Chicken breast** (236 grams)
- 1 tbsp **Olive oil** (13.5 grams)
- 1 tbsp **Parmesan cheese** (5 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Prepare chicken breast by first pounding with a kitchen mallet or the back of a heavy jar until it is all approximately the same thickness. Cook in a nonstick pan over medium heat with about a tsp of olive oil, about 4 minutes per side. The internal temperature should be 165° Fahrenheit.
2. In a separate container, mix the low-fat Caesar salad dressing with remaining olive oil.
3. Combine spinach, shredded chicken breast, parmesan cheese and dressing into a bowl and serve.