

KALE & TOMATO CAESAR SALAD

WITH GRILLED CHICKEN BREAST

SUPERFOOD

Portion: 2 cups Yields: 4



INGREDIENTS:

10 oz Chicken Breast

2 cups Tomatoes, Cherry, Fresh, Halved

1/8 tsp Salt, Kosher

1 lb Cauliflower, Fresh

1/8 tsp Pepper, Ground, Fresh

2/3 cup Dressing, Caesar, Creamy

8 oz Croûtons, Fresh

1/3 cup Cheese, Parmesan, Fresh, Shredded

1 quart Kale, Baby, Fresh

METHOD:

Prepare the grilled chicken: Season the chicken with salt and pepper. Grill on a medium-high grill and cook for 7-8 minutes. Flip the chicken once to cook evenly. Internal temperature must reach 165F. Set aside.

Next, wash, rib and thinly slice (chiffonade) the kale. Roughly chop the croûtons. Thinly shave the cauliflower and set aside.

Toss all of the ingredients in a bowl until coated well with dressing. Serve immediately.

CALORIES (kcal): 550

PROTEIN (g): 32

CARBOHYDRATE (g): 31

TOTAL FAT (g): 32

SODIUM (mg): 940

SAT FAT (g): 7

DIETARY FIBER (g): 4