



Boys & Girls Clubs
of North Simcoe

Hail Caesar Chicken Salad

(Recipe taken from Boys & Girls Clubs of Canada Kid Food Nation Program)

Prep Time - 10 Minutes

Makes 4 Servings

Ingredients

- 1 medium garlic clove, peeled and minced
- Juice of 1/2 lemon
- 1 1/2 tablespoons of red wine vinegar
- 1/2 teaspoon of Dijon mustard
- 1/4 cup extra virgin olive oil
- 1 romaine lettuce, washed and chopped
- 1 cooked chicken breast, chopped
- 1 1/2 tablespoons parmesan cheese
- Salt and pepper

Directions

1. In a large salad bowl, combine the garlic, lemon juice, vinegar, mustard and oil. Whisk to blend.
2. Add the lettuce and chicken and toss well.
3. Sprinkle with parmesan cheese on top. Season to taste with salt and pepper and serve.