

Cooking for Wellness

Sponsored by:





Chicken Caesar Club

Yield: 4 sandwiches Preparation time: 35 minutes

Ingredients

- 2 chicken breasts
- 1 tablespoon olive oil
- 1 clove of garlic, peeled
- 2 tablespoons fresh parsley, chopped
- 2 teaspoons anchovy paste
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh squeezed lemon juice
- 1/2 cup mayonnaise
- 4 ciabatta sandwich rolls
- 1 head romaine lettuce, washed and dried
- 4 slices of cooked crisp bacon
- 4oz shaved parmesan cheese

Salt and pepper



Instructions

- 1. Preheat the oven to 350 degrees. Lightly rub chicken breast with olive oil and season with salt and pepper. Roast for 30 minutes, until cooked through. Let rest 10 minutes, then slice thick.
- To make the Caesar dressing, combine the garlic and parsley in the bowl of a food processor. Pulse until finely minced. Add the anchovy paste, mustard, lemon juice, and mayonnaise. Process until smooth and well blended. Adjust seasoning to taste if necessary.
- Slice roll horizontally. Toast if desired. Spread both cut sides with the Caesar dressing. Layer the bottom half of the bread with romaine lettuce, then top with parmesan, cooked bacon and sliced chicken. Place top half on bread and slice in half.