

Cajun Chicken Caesar Salad

1 skinless, boneless chicken breast
5 mL Cajun seasoning
15 mL vegetable oil
1 head romaine lettuce, washed and chopped
60 mL low-fat Caesar salad dressing
60 mL fresh Parmesan cheese

Directions:

1. On a cutting board, cut chicken breast into thin strips. **Bring the cutting board and knife to the dishwasher at the front of the class!**
2. In a non-stick frying pan, over medium heat, add the oil and chicken. Sprinkle with Cajun seasoning. Cook until chicken is no longer pink inside, and juices run clear. Remove pan from heat and set aside.
3. Meanwhile, separate the romaine leaves and wash in cold water. Spin dry with your salad spinner, and then chop into bite-sized pieces.
4. In a salad bowl, combine romaine, enough salad dressing to lightly coat the lettuce, and sprinkle with Parmesan cheese. Squeeze fresh lemon juice over top. Using tongs, toss the salad and divide on to individual plates. Top with the sliced, cooked chicken, and serve. Garnish with slice of lemon.