



Enlightened Caesar Chicken Salad

1 Tbsp. Olive oil
1 Tbsp. Lemon juice
2 cloves Garlic, chopped fine (1 teaspoon)
¼ tsp. Freshly ground pepper
2 lbs. Boneless, skinless chicken breast
½ cup Grated Parmesan cheese
½ cup Chopped parsley
2 stalks Celery, chopped
¼ cup Low fat mayonnaise type salad dressing
1 Tbsp. Fat free plain yogurt
Salt and pepper to taste.

Makes 6 servings

- Preheat oven to 375 degrees
- In large bowl, mix the olive oil lemon juice, garlic and ¼ teaspoon pepper together. Toss the chicken breasts in this marinade and then place them in a single layer on a baking pan. Sprinkle the chicken with half the Parmesan cheese
- Bake the chicken for 20 minutes and then chill completely.
- Cut the chicken into bite-size pieces. Combine the chicken with the remaining Parmesan cheese and the parsley, celery, mayonnaise and yogurt. Taste before seasoning with salt and pepper.
- Serve on bed of chopped dark green lettuce or baby spinach. Try grilling the chicken for added flavor.

Recipe adapted from the Whole Foods Market Cookbook

Nutritional information:

Calories: 273 Total Fat: 11.60g
Saturated Fat: 3.28g Carbohydrates: 3.34g
Dietary Fiber: 0.42g Protein: 36.86g
Sodium: 279mg