

# Kale Chicken Caesar Salad

Prep 25M | Cook 40M | Enjoy in 1H

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A blend of fresh kale, romaine and a yogurt based dressing, this kale chicken Caesar salad is satisfying enough to be tonight's dinner. Homemade sourdough croutons add delicious crunch. [This recipe is part of our February meal plan.](#)

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## INGREDIENTS

### Croutons

- 2 cups sourdough bread cubes
- 1 tbsp olive oil
- 2 tsp melted salted butter
- Pinch kosher salt
- ¼ tsp fresh ground pepper
- ¼ tsp garlic powder
- ⅛ tsp onion powder
- ¼ tsp dried thyme
- ¼ tsp oregano

### Salad

- 4 boneless skinless chicken breasts
- ½ cup plain Greek yogurt
- ¼ cup grated Parmesan cheese
- 2 cloves garlic
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp anchovy paste
- 4 cups kale, chopped and stems removed
- 4 cups chopped romaine lettuce

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## DIRECTIONS

1. Preheat oven to 400°F.
  2. Place bread cubes in a large bowl.
  3. In a small bowl, combine olive oil and melted butter. Drizzle slowly over bread cubes, tossing to coat evenly.
  4. Combine salt, pepper, garlic powder, onion powder, thyme and oregano in a small bowl. Sprinkle over bread cubes, tossing to coat evenly.
  5. Transfer bread cubes to a parchment paper-lined baking sheet.
  6. Bake, stirring every 5-6 minutes, until croutons are lightly toasted, about 15 minutes. Set aside to cool.
  7. Season chicken breasts with salt and pepper. Place on a parchment paper-lined baking sheet and cook for about 25 minutes, flipping halfway through. Once cool enough to handle, slice chicken into strips.
  8. Meanwhile, combine Greek yogurt, Parmesan, garlic, lemon juice, Dijon mustard and anchovy in a food processor and blend until smooth and creamy.
  9. In a large bowl, combine kale and romaine lettuce. Add dressing and toss to coat. Top with sliced chicken.
  10. Serve and enjoy!
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## NUTRITIONAL FACTS

Serves 4 (2 cups salad, 1 chicken breast, ½ cup croutons, 2 tbsp dressing per serving)

Nutritional analysis per serving: 413 calories, 16 g fat, 52 g protein, 15 g carbohydrate (13 g available carbohydrate), 2 g fibre, 559 mg sodium