

Skinny Chicken Caesar Salad

Enjoy a yogurty twist on this classic main meal. Instead of using mayonnaise - try our yogurt for a unique taste! Keep it light with our Fat Free Natural Yogurt or go Greek with our Greek Style!

 TIME TILL READY
1 HR

 SERVES
5+

Energy: 1903kJ/455kcal

For more nutritional information please visit www.lancashirefarm.com

Ingredients

- 1 large head of Romaine lettuce, torn
- 2 chopped, cooked, skinless chicken breast
- 220g fat-free or low fat croutons
- 60g freshly grated parmesan cheese

For the dressing:

- 100g Lancashire Farm Greek Style or Fat Free Natural Yogurt
- 2 tbsp fresh lemon juice
- 1 tsp olive oil
- 1 tsp white wine vinegar

- 1 tsp Dijon mustard
- 1 tsp anchovy paste (optional)
- 1 tsp Worcestershire sauce
- 1 garlic clove, crushed

Contains



Method



Step 1

Put some oil in a pan and fry the chicken gently. Once cooked through leave to cool, shred and leave to one side.



Step 2

Pour the Lancashire Farm Greek Style yogurt into a bowl, along with the olive oil, white wine vinegar, lemon juice, dijon mustard and Worcestershire sauce.



Step 3

Crush the garlic and mix into the dressing sauce.



Step 4

Wash the lettuce and then tear into the bowl you will use to serve.



Step 4

Toss shredded chicken and croutons over the lettuce then drizzle the dressing all over.



Step 4

Serve.