

Kale Chicken Cesar Salad for One

INGREDIENTS

2 large heaping handfuls of kale, sliced
1, 4-6oz grilled chicken breast or leftover chicken
1/3 avocado, diced
1 tbsp shredded parmesan or Dubliner cheese
Juice of 1/2 lemon
2 tbsp Cesar dressing
1 slice grainy bread or baguette
Olive oil

INSTRUCTIONS

Heat cast iron pan to medium. Break up baguette into pieces to form rustic croutons. Drizzle with olive oil and season with salt and pepper. Place in cast iron pan and sauté until toasted. Take off heat and set aside.

Knead kale until fibers tenderize and place on a plate (yes, sounds weird!, but this step important to improve texture and taste in your salad). Dress kale with Cesar dressing. Top kale with all the goods... sliced grilled chicken, avocado, croutons, grated cheese, and squeeze of fresh lemon to brighten the flavor.