

## Kale Chicken Cesar Salad for One

2 large heaping handfuls of kale, sliced  
1, 4-6oz chicken breast  
1/3 avocado, diced  
1 tbsp shredded parmesan or Dubliner cheese  
Juice of 1/2 lemon  
1-2 tbsp cesar dressin (I used Cucina Antica Table Fresh Cesar)  
1 slice grainy bread or baguette  
Olive oil spray

Heat George Foreman grill. Spray chicken breast with olive oil spray and season with salt and pepper. Also spray slice of bread with olive oil spray and season with pepper. Place both on grill and cook until chicken is opaque in the middle, or 3-5 minutes. Let cool, then slice. Break up toasted bread into croutons.

Knead kale until fibers tenderize and place on a plate. (Yes, sounds weird!, but read more about this step here- [http://www.huffingtonpost.com/.../how-to-massage-kale\\_n\\_16012...](http://www.huffingtonpost.com/.../how-to-massage-kale_n_16012...)). Dress kale with cesar dressing. Top kale with all the goodies... sliced grilled chicken, avocado, croutons, grated cheese, and squeeze of fresh lemon to brighten the flavor.

Enjoy!

by Jenny Hagendorf MS, RDN, LD  
[www.mynutritionstudio.com](http://www.mynutritionstudio.com)