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Chicken Caesar Salad

This timeless chicken Caesar salad features a zesty dressing made with Greek-style yogurt. Our dressing calls for anchovy paste, which adds that signature savory flavor Caesar salad is known for. Any leftover anchovy paste can be used to enhance vinaigrettes, dips or sauces. You can use whole anchovies, if you prefer, but you'll need to blend them or mash them with the flat side of a large chef's knife before adding them to the dressing.

By **Amanda Holstein** | Published on February 27, 2024

✔ Tested by **Catherine Jessee**

✔ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 15 mins

Total Time: 40 mins

Servings: 2

Nutrition Profile:

Sesame-Free Nut-Free Healthy Pregnancy Soy-Free High-Fiber High-Protein Egg-Free

Ingredients

- 1 1/2 teaspoons Dijon mustard, divided
- 1 teaspoon grated garlic, divided
- 1/4 teaspoon ground pepper, divided
- 8 ounces chicken tenders
- 4 tablespoons extra-virgin olive oil, divided
- 1/2 cup whole-milk plain strained (Greek-style) yogurt
- 5 tablespoons grated Parmesan cheese, divided
- 1 teaspoon lower-sodium Worcestershire sauce
- 1/2 teaspoon anchovy paste
- 1/4 teaspoon lemon juice
- 4 cups chopped romaine lettuce hearts
- 1/2 cup Caesar-seasoned croutons

Directions

Step 1

Stir 1 teaspoon mustard, 1/2 teaspoon garlic and 1/8 teaspoon pepper together in a medium bowl until combined. Add chicken; toss until evenly coated.

Step 2

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the chicken; cook, turning once, until golden brown and a thermometer inserted into the thickest part registers 165°F, 6 to 9 minutes. Transfer to a cutting board and let rest for 5 minutes before slicing.

Step 3

Meanwhile, whisk yogurt, 3 tablespoons Parmesan, Worcestershire, anchovy paste, lemon juice and the remaining 3 tablespoons oil, 1/2 teaspoon mustard, 1/2 teaspoon garlic and 1/8 teaspoon pepper together in a large bowl until creamy. Add lettuce; toss until well coated.

Step 4

Divide the salad between 2 plates. Top each with croutons and sliced chicken; sprinkle with the remaining 2 tablespoons Parmesan.

To make ahead

Marinate chicken (Step 1), covered, in the refrigerator for up to 8 hours. Refrigerate dressing (Step 3) in an airtight container for up to 4 days.

Frequently Asked Questions

Is chicken tenderloin good for you?

Chicken tenderloin is that fingerling-shaped piece of meat that sits under the breast and against the breastbone. They're typically sold as "chicken tenders" in the meat section of the supermarket. And yes, they're good for you. Chicken tenderloins are white meat and are very similar in nutritional value to chicken breast, according to the USDA. This means that they're a great lean protein source and offer other nutrients, including choline and B vitamins.

Is romaine lettuce healthy?

Romaine lettuce is a leafy green vegetable and, like other leafy greens, offers some impressive nutritional benefits. It's an excellent source of vitamins A and K and a good source of folate. The nutrients in romaine lettuce have been shown to support bone, eye and skin health, as well as helping to reduce inflammation and risk of diseases like heart disease, diabetes and certain types of cancer.

Can I make my own croutons for this recipe?

Absolutely. A basic recipe for croutons includes only a handful of ingredients that are probably in your pantry already (extra-virgin olive oil, garlic powder, onion powder, salt, pepper and whole-wheat bread). And from there, you can add your favorite seasonings, if you wish.

Can this recipe be made ahead?

The dressing for this recipe can be made ahead and stored for up to four days in the fridge, but remember that the garlic will intensify in flavor the longer it's stored. You can refrigerate the chicken in the marinade overnight, if desired.

What is anchovy paste, and where do I find it?

Anchovy paste is an everyday staple in the cuisines of Italy, France and Spain. It's made with ground anchovies, a saltwater fish that's slender and silver, and vinegar or olive oil and spices are typically added. We use anchovy paste to build the flavor of our chicken Caesar salad recipe, but you can also enjoy it added to scrambled eggs, on toasted bread, set out with cheese and crackers, added to sautéed greens or roasted potatoes and more. You can find anchovy paste in jars or tubes at grocery and specialty stores, usually in the same aisle as tomato paste.

Additional reporting by Carrie Myers, M.S. and Linda Frahm

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Nutrition Facts

Per serving: **Serving Size 2 1/2 cups** 622 calories; total fat 40g; saturated fat 9g; cholesterol 103mg; sodium 671mg; total carbohydrate 27g; dietary fiber 10g; total sugars 8g; protein 42g; vitamin c 19mg; calcium 352mg; iron 6mg; potassium 1660mg