



Crispy Tater Caesar Salad

This crispy tater Caesar salad is for you if you love fries in a salad. Crispy smashed tater tot croutons, a doctored-up bottled Caesar dressing, and crispy chicken cutlets join Romaine lettuce and Parmesan in this meal in a bowl.

By **Corey Williams** |

Prep Time: 10 mins

Cook Time: 45 mins

Cool Time: 5 mins

Total Time: 1 hr

Servings: 4

Ingredients

8 ounces frozen crispy chicken cutlets

cooking spray

2 1/2 cups frozen bite-sized potato nuggets (such as Tater Tots®)

2 ounces Parmesan cheese, freshly grated with a Microplane, divided, plus more for garnish (about 1 cup)

1 cup Caesar dressing

1 teaspoon fresh lemon zest

1 teaspoon anchovy paste

1 teaspoon grated fresh garlic

1/2 teaspoon freshly ground black pepper, divided

1/4 teaspoon kosher salt

4 cups finely chopped Romaine lettuce

1 tablespoon white balsamic vinegar

Directions

Step 1

Preheat the oven to 425 degrees F (220 degrees C). Set 2 shelves near the center of the oven. Spray a baking pan with cooking spray; place frozen chicken filets on the pan.

Step 2

Bake in the preheated oven on the lower-center shelf until hot and crisp, about 20 minutes, turning filets over halfway through heating time. When cool enough to handle, cut filets into bite-sized pieces.

Step 3

Meanwhile, line a large rimmed baking sheet with parchment paper, and add tater tots in an even layer.

Step 4

Bake on upper-center shelf in the preheated oven until tots are soft and slightly baked, 8 to 10 minutes. Remove from oven. Spray cooking spray on the bottom of a cup. Smash each tater tot into a flat disk with cup.

Step 5

Return to the oven; bake until golden brown and crispy, 15 to 20 minutes. Remove from oven again, and sprinkle with 1/2 cup Parmesan cheese.

Step 6

Bake again until cheese is melted, about 1 minute. Set aside to cool, about 5 minutes.

Step 7

Meanwhile, whisk Caesar dressing, lemon juice, anchovy paste, garlic, 1/4 teaspoon black pepper, and salt together in a bowl until smooth.

Step 8

Toss together lettuce, chicken, remaining 1/2 cup Parmesan cheese and remaining 1/4 teaspoon black pepper until well combined. Pour half the dressing into salad mix and toss until evenly coated. Add cooled tater tots and toss until well combined.

Step 9

Transfer to a serving platter, drizzle with white balsamic vinegar, and garnish with more Parmesan cheese. Serve immediately.

Recipe developed by Amanda Stanfield

Nutrition Facts

Per serving: 669 calories; total fat 49g; saturated fat 10g; cholesterol 102mg; sodium 1581mg; total carbohydrate 36g; dietary fiber 3g; total sugars 3g; protein 22g; vitamin c 6mg; calcium 204mg; iron 3mg; potassium 525mg