

Chicken and Kale Caesar Salad

EASY | RECIPE

Ingredients:

- 1 bunch **kale** (about 8 cups), finely chopped
- 2 cups **cooked chicken breast**, cut into strips
- 2 tbsp flaked nutritional **yeast**
- 1 tbsp **Parmesan cheese**, grated
- 3 tbsp **extra-virgin olive oil**
- 3 tbsp **lemon juice**
- 1 tsp **Dijon mustard**
- Pinch **salt**

Method:

1. Add kale to a large serving bowl.
2. Top with cooked chicken.
3. In a jar with lid, combine nutritional yeast, Parmesan, olive oil, lemon juice, mustard and salt.
4. Shake to combine.
5. Add dressing to salad. Toss well and serve.



Makes 4 servings. Per serving:

281 calories | 25g protein | 14g total fat | 2g saturated fat | 9g mono fat | 3g poly fat |
17g carbohydrate | 3g sugar | 6g fiber | 249mg sodium