

CHICKEN AND KALE CAESAR SALAD

EASY | RECIPE
From Personal Best®

- 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

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