



### DESCRIPTION

All hail Caesar! Our delicious Caesar salad that is! Watch as Carrie and her friends make a Caesar salad from scratch. From marinating the chicken to making the salad dressing...you'll learn how to make a salad that's as good as the pros!

### CHICKEN & MARINADE

- 2 boneless, skinless chicken breasts
- 1 clove of garlic
- 3 tablespoons chopped parsley
- 1 lemon (juiced)
- 1 orange (juiced)
- 3 tablespoons olive oil
- salt to taste

### SALAD DRESSING

- 2 garlic cloves
- 1-tsp anchovy paste
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1-cup mayonnaise
- 1/2 cup freshly grated Parmesan cheese
- pepper to taste
- 1 head Romaine lettuce

### TOOLS

- blender
- medium marinating bowl
- small mixing bowl
- salad bowl
- knife
- cheese grater

### DIRECTIONS

1. Marinate boneless, skinless chicken breasts in a marinade of 1 chopped clove garlic, a few T chopped fresh parsley, the juice of one lemon and the juice of one orange, 3 T olive oil and salt to taste.
2. Place chicken in marinade for at least 2 hours.
3. When ready, slice chicken into strips and place on hot grill and cook until chicken is no longer pink, about 8 minutes.
4. Meanwhile, prepare Caesar dressing: In a bowl, whisk together 2 small garlic cloves, minced and mashed to a paste, 1 tsp anchovy paste, 2 T fresh lemon juice, 1 tsp dijon mustard, and 1 tsp Worcestershire sauce, add 1 cup mayonnaise, 1/2 cup freshly grated Parmesan, and pepper to taste, and whisk the dressing until it is combined well.

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Did you know there's a free web video for this activity with step-by-step instructions?  
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# COOKING

## GRILLED CHICKEN CAESAR SALAD

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5. Toss the dressing with Romaine lettuce.
6. Place strips of grilled chicken on bed of lettuce and serve.

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