

THE MEAT HOUSE: 30 Minute Recipe

Your Neighborhood Butcher

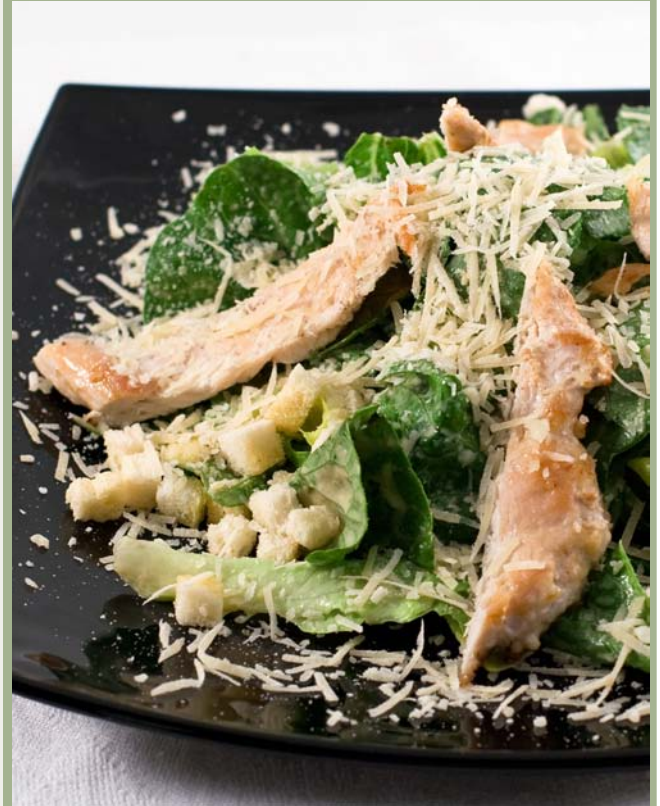
GRILLED CHICKEN CAESAR SALAD

Yields: 4 Servings

- 3 - 4 lbs. boneless skinless trimmed chicken breast
- 2 whole cloves garlic
- ¼ cup EVOO
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 4 anchovies
- 1 dash of worcestershire sauce
- Juice of 1 lemon
- ½ cup mayonnaise
- 2 tablespoons fresh parmesan cheese
- 8 cups romaine lettuce (torn into bite size pieces)
- 1 cup croutons

Instructions

Combine lemon juice, mayonnaise, worcestershire sauce, garlic, salt, pepper and EVOO. That forms your Caesar dressing. Place in the refrigerator while chicken is grilling. Preheat grill on high heat for 15 minutes. Grill on medium heat for 5-8 minutes per side, or until 155-160°F internal temperature. Slice chicken into strips. Toss romaine and croutons with dressing. Top with chicken and cheese. Serve with a California Chardonnay like Toasted Head from R.H. Phillips.



For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com