



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-8202

Spicy Kale & Grilled Chicken Caesar Salad

Makes 4 salads

This salad highlights fresh kale, grilled chicken in a lemony, salty Caesar dressing. We love the charred flavors that only a summer grill can create. And, the buttery, herbed croutons add both great flavors and wonderful crunch. Bright, grape tomatoes and a squeeze of lemon bring this showstopper home.

Salad Ingredients:

2 bunches Lacinato kale, torn
2 tablespoons olive oil, plus 1 tablespoon
2 chicken breasts, grilled, thinly sliced
2 tablespoons fresh lemon juice
2 cups grape tomatoes, halved
4 oz parmesan cheese, finely grated
Fresh lemon wedges for serving

Homemade Crouton Ingredients:

4 tablespoons butter
4 cups cubed baguette (slightly stale is best)
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon pepper

Spicy Caesar Dressing Ingredients:

1 clove garlic, minced
2 tablespoons fresh lemon juice
1 teaspoon anchovy paste
1 teaspoon Dijon mustard
1 small jalapeño pepper, ribs and seeds removed, finely diced
1 teaspoon Worcestershire sauce
1/4 cup whole milk greek yogurt
3 tablespoons mayonaise
3 tablespoons olive oil
1/4 teaspoon Kosher salt
1/4 teaspoon black pepper

Directions:

1. Preheat the grill. Marinate the chicken in olive oil, salt, pepper, and lemon for 15-20 minutes.
2. In a large mixing bowl, use your hand to massage the kale with 1 tablespoon of olive oil until the leaves begin to break down and the kale becomes softer in texture, roughly 2 minutes.
3. Grill the chicken breast for 4-5 minutes and flip with grill tongs. Continue grilling the chicken until the thickest part of the breast reaches 165° F. Remove chicken from the grill, and let it rest for 5 minutes, then cut into 1/2-inch slices.
4. Make the croutons by melting butter in a large skillet over medium-low heat. Add the cubed bread to the butter and toss the bread in the butter, coating the edges. Add the garlic powder, oregano, salt and pepper and stir to evenly distribute. Continue cooking while tossing occasionally until the croutons are slightly golden in color, about 10 minutes.
5. Prepare the Caesar dressing by whisking all of the dressing ingredients into a salad dressing jar, or a wide-mouthed jar, or mixing bowl.
6. Toss the kale, dressing, and half of the parmesan until the kale is coated. On top, add the tomatoes, chicken breast, and croutons. Sprinkle with the remaining parmesan cheese.