



Kale Caesar Quinoa Salad with Roasted Chicken

Recipe Source: www.cookinglight.com

Servings: 4

Ingredients:

- 2 TBSP hot water
- 2 TBSP reduced fat mayonnaise or olive oil mayonnaise
- 1 ½ TBSP olive oil
- 1 TBSP fresh lemon juice
- ½ tsp anchovy paste
- ¼ tsp freshly ground black pepper
- 1 garlic clove, grated
- 1.5 ounces shaved Parmesan cheese, divided (about 6 TBSP)
- 5 cups thinly sliced, stemmed Lacinato kale
- 1 ½ cups cooked quinoa
- 1 ½ cups chopped, skinless, boneless rotisserie chicken breast
- 2 TBSP chopped toasted walnuts

Steps:

- Combine first 7 ingredients in a bowl, stirring well with a whisk. Stir in 3 TBSP Parmesan cheese.
- Add kale, quinoa, and chicken; toss to coat. Top with remaining 3 TBSP Parmesan cheese and walnuts.

Nutritional Facts: Calories: 344, Carbohydrates: 25 grams, Protein: 27 grams, Total Fat: 16.3 grams, Saturated Fat: 3.3 grams, Cholesterol: 61 mg, Sodium: 487 mg, Fiber: 4 grams.