



HEALTHY RECIPES

Recipe for: Grilled Chicken Caesar Pasta Salad

Ingredients:

- 1 stalk Romaine lettuce, rinsed and drained
- ¼ bag baby spinach, rinsed and drained
- ½ cucumber, peeled and thinly sliced
- 1 red onion
- Salad croutons
- ½ box penne pasta
- Caesar salad dressing, creamy or oil
- 2 large boneless, skinless chicken breast
- Olive oil
- Herb and Garlic seasoning
- Grated parmesan cheese

Directions:

Remove any fat from chicken breasts, rinse and pat dry with paper towel. Brush chicken all over with olive oil and coat in Herb and Garlic seasoning. Grill chicken over low to medium heat (propane or charcoal) until done.

While chicken is grilling boil penne pasta according to directions, when tender drain and rinse in cold water to cool down. Pour very small amount of olive oil on the pasta, stir to evenly coat pasta then set aside in refrigerator to chill.

In large bowl mix together romaine lettuce chopped in bite size pieces, baby spinach, cucumber slices and chilled pasta. Let chicken cool to touch then cut in thin strips and add to salad mixture. In individual serving bowls add rest of ingredients to taste, sliced red onion rings, croutons, grated parmesan cheese and salad dressing.

Submitted by: Street Department