



# WILTED CHICKEN CAESAR SALAD

**MACROS | SERVING SIZE**  
Protein 50 g | Fat 26 g | Carbs 38 g

**% CALORIES OF MACROS | SERVING SIZE**  
Calories 571 | Protein 34 % | Fat 40 % | Carbs 26 %

**NUTRIENTS | SERVING SIZE**  
Fiber 6 g | Sodium 532 mg | Sat. Fat 11 g

## INGREDIENTS (SERVES 4)

- 32 oz. bag of chopped romaine lettuce (will use only about 80 percent of the bag)
- 16 oz. of frozen and cooked/grilled boneless unbreaded chicken strips
- ½ tsp. capers, drained
- 2 tsp minced garlic in oil
- ½ tsp. dried dill weed
- 2-3 dashes black ground pepper (optional)
- 1 cup nonfat sour cream
- 20 oz. can of unsweetened pineapple chunks or tidbits, ¼th cup juice, reserved
- 2/3 cup shredded low-sodium parmesan cheese.

## DIRECTIONS

To make the dressing, place the capers, sour cream, dill, garlic, reserved pineapple juice and half of the parmesan cheese in a container with a lid. Cover and shake to mix and blend well.

Pour the lettuce into a very large bowl. Cut the cooked/grilled chicken into 1-inch chunks. It is okay if they are still frozen just be careful. Add the pineapple chunks or tidbits.

Pour the dressing mix over the salad and toss to coat the lettuce.

Cover and place in the refrigerator for at least 3 hours for the lettuce to wilt and flavors to blend and, if frozen, the chicken to thaw.

Serve by placing ¼th of the salad in a large bowl and top with ¼th of the remaining parmesan.

## NOTES

Add some of your other favorite green vegetables or a little onion.

The salad can be made in two separate resealable bags. Just place half the lettuce mixture in each and pour half the dressing in each. Shake well.

If a warm salad, is desired, leave out the chicken and cook according to package directions and then add ¼th into each bowl or plate.

The nutrition analysis excludes the optional ingredients.

Reducing the amount of parmesan cheese in this dish by half will decrease the amount of saturated and total fat.

Consuming a heart healthy diet means something different for those who are trying to protect the health of their heart vs. those that have been diagnosed with a health condition that impacts the heart such as cardiovascular disease, diabetes or hypertension. Heart disease is not a condition that occurs overnight. The diagnosis or condition results from a cumulative impact over time of various risk factors. One key risk factor is dietary choices where there is overconsumption of fats, sugars and sodium and/or underconsumption of protective nutrients such as fiber, various vitamins and minerals, flavonoids, healthy fats, etc.

Building a healthy eating pattern that begins early, is one key strategy to reduce the risk of heart disease and it does not have to be complicated. Rather than focusing on specific nutrients, the key is to eat a variety of nutrient rich foods in the correct proportions while allowing a little room for indulgences. This along with maintaining a healthy weight (by balancing calories) and aiming to achieve the recommended level of physical activity, filling your plate for most meals with half fruit and vegetables, and aiming to limit empty calories from unhealthy fats and added sugar are four actionable steps that anyone can start without doing a lot of research.

The terms nutrient rich and nutrient dense mean foods that provide the highest value in nutrients while limiting empty calories. Our body needs nutrients to perform many functions and assist with lowering the risk of numerous diseases such as certain types of cancer, diabetes, heart disease, etc.

Protein is considered a macronutrient and some of its roles are to help build muscle and various components of blood while assisting in keeping us warm and maintaining or immune system. Our body needs protein. Consuming excess protein, however, can lead to excess calories if other macronutrients are not balanced. In addition, many foods such as animal products, if consumed in larger quantities than needed, can lead to excess consumption of fat.

Aiming to use a combination of plant-based proteins, and/or choosing mostly lean animal products while watching the portions, will assist with consuming enough protein to meet needs while at the same time keeping overall fat intake and calories in check.

This meal provides a strategy of using salads to assist with increasing vegetable intake while also showing how to combine various lean protein sources to assist with meeting protein needs.

For more recipes and nutrition education information visit  
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