

# Chicken Caesar Salad w/Green Peppercorn Dressing

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	6.95 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Vegan parmesan, dry, grated	~ 1 1/4 qt	1 lb 0.67 oz	<b>MAKE THE PARMESAN CRISPS</b>  (If omitting, skip to step 4). Heat a large, nonstick skillet over medium heat. Add the parmesan cheese (working in batches, if necessary) and evenly spread into a thin layer. Allow to melt completely.
2				When melted, use a spatula to gently shape the crisp into a circle. Check the bottom of the cheese after 2 minutes. When lightly golden brown, carefully flip and cook the other side until golden brown.
3				Transfer the cheese crisp onto parchment paper. When cooled completely, transfer to a cutting board and slice into wedges. Set aside.

	Name of ingredient	Capacity measure	EP	Methods
4	Capers, canned	8 1/3 tsp	0 lb 0.82 oz	<b>MAKE THE DRESSING</b>  Finely mince the capers and green peppercorns and transfer to a bowl. Add an equal amount of the caper brine as capers. Combine all dressing ingredients in the bowl and whisk until smooth. Add a small amount of water to thin, if desired. The consistency should be viscous but pourable.
	<i>Finely chopped</i>			
	Spices, pepper, black	4 1/8 tsp	0 lb 0.33 oz	
	<i>Green peppercorns (jarred, in brine)</i>			
	Lemon juice, raw	12 1/2 tbsp	0 lb 6.48 oz	
	Lemon zest	2 1/8 tsp	0 lb 0.15 oz	
	Mustard, dijon	4 1/8 tsp	0 lb 0.69 oz	
	Hummus, commercial	~ 1 cup	0 lb 9.04 oz	
	Garlic clove, finely minced	12 1/2 tbsp	0 lb 3.75 oz	
	Salt, kosher, Diamond Crystal	~ 2 1/8 tsp	0 lb 0.20 oz	
	Olive oil, extra virgin	~ 4 1/4 tbsp	0 lb 1.98 oz	
	Sugars, granulated	8 1/3 tsp	0 lb 1.22 oz	
	<i>Or agave, maple syrup, etc.</i>			

	Name of ingredient	Capacity measure	EP	Methods
5				Taste and add ingredients to adjust flavors as desired. Hummus and olive oil add creaminess. Mustard, lemon juice/zest, capers, and garlic add acid/brightness. Sweetener will help mask salt/acid and add depth.

	Name of ingredient	Capacity measure	EP	Methods
6	Hungry Planet Diced Grilled Chicken	2 lb 1.33 oz		<b>WARM THE CHICKEN (OPTIONAL)</b>  Hungry Planet Chicken™ Grilled Strips are ready to eat, but heat them up if desired. Warm a small amount of vegetable oil in a nonstick skillet over medium-high heat. Add the chicken strips and cook for 3-4 minutes, turning occasionally, until golden brown and warmed through. Set aside.
	<i>Or strips</i>			

	Name of ingredient	Capacity measure	EP	Methods
7	Romaine lettuce, chopped	2.827 gal	4 lb 11.00 oz	<b>ASSEMBLE THE SALAD</b>  In a bowl, toss the romaine lettuce and croutons with dressing. Divide amongst bowls or plates. Place a parmesan crisp in each salad. Top with the chicken and garnish with additional parmesan cheese and ground green peppercorns.
	Croutons, plain	4 qt	1 lb 0.67 oz	
	Vegan parmesan, dry, grated	~ 1 pt	0 lb 7.29 oz	

## RECIPE IMAGES



## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	10 lb 13.63 oz	0 %	10 lb 13.63 oz	0 %	10 lb 13.63 oz
Size of portion	6.95 oz		6.95 oz		6.95 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives			% of energy	Calories	Minerals			
					Salt	1.02 g		
Total fat	5.59 g	36.79 %		134.42 kcal	Salt	1.02 %	Vitamins	
Saturated	2.62 g	17.24 %		562.40 kJ	Sodium	408.26 mg	Vitamin A	188.44 µg
Monounsaturated	1.35 g	8.90 %		0.56 MJ	Phosphorus	37.55 mg	Vitamin D	0.00 µg
Polyunsaturated	0.51 g	3.37 %			Potassium	199.14 mg	Thiamine	0.11 mg
Trans	0.00 g	0.00 %			Iron	1.34 mg	Riboflavin	0.06 mg
Cholesterol	0.00 mg				Calcium	37.60 mg	Niacin	0.71 mg
Linolenic acid	0.26 g				Zinc	0.31 mg	Vitamin B6	0.07 mg
Alpha-linolenic acid	2.12 mg				Magnesium	14.17 mg	Vitamin B12	0.00 µg
Total Carbohydrate	16.21 g	49.00 %			Iodine	0.00 µg	Folate	10.56 µg
Sugars total	1.34 g				Selenium	4.37 µg	Vitamin C	3.98 mg
Added sugar	0.00 g	0.00 %			Copper	0.08 mg	Vitamin E	0.24 mg
Sugar	0.00 g						Vitamin K	45.43 µg
Lactose	0.00 g							
Fiber	2.36 g	3.36 %						
Organic acids	0.00 g	0.00 %					Others	
Sugar alcohol	0.00 g	0.00 %					Water	50.40 g
Starch	0.00 g	0.01 %						
Protein	5.17 g	15.63 %						
Alcohol	0.00 g	0.00 %						