



CHICKEN CAESAR SALAD

 **Prep: 15 minutes**

 **Cook: 7-8 minutes**

 **Serves: 4**

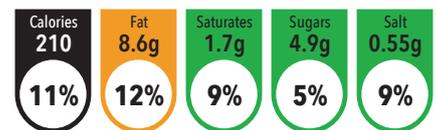
INGREDIENTS:

- 80g ciabatta, torn into bite sized pieces
- ½ tbsp extra virgin olive oil
- ¼ tsp **LoSalt**
- 150ml fat free natural yogurt
- 1 tbsp low fat mayonnaise
- 1 tbsp sherry vinegar
- 2 cloves garlic, crushed
- 1 anchovy fillet, very finely chopped
- 2 Romaine hearts, thickly sliced
- 200g roast chicken, shredded

METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Place the bread on a baking tray and toss with the oil and half the **LoSalt**, bake for 7-8 minutes until golden and crispy.
3. Meanwhile, mix together the yogurt, mayonnaise, vinegar, garlic, anchovy and remaining LoSalt, season with black pepper.
4. Toss the dressing into the Romaine lettuce, top with the chicken and scatter over the ciabatta croutons to serve.

Each serving contains



of your guideline daily amount