



## Enlightened Chicken Caesar Salad

- ¼ cup fat-free mayonnaise
- 3 tablespoons water
- 1 ½ teaspoons freshly squeezed lemon juice
- 1 minced garlic clove
- 1 minced anchovy fillet
- ¼ teaspoon Worcestershire sauce
- 12 cups baby romaine lettuce leaves
- 8 ounces grilled or roasted chicken breast, cut into strips
- ¼ cup grated parmesan cheese
- ¼ cup Almond Accents® Italian Parmesan Flavored Sliced Almonds

In large bowl, whisk together mayonnaise, water, lemon juice, garlic, anchovy and Worcestershire sauce. Add lettuce; toss gently until evenly coated with dressing. Divide salad among 4 plates; top with chicken. Sprinkle with Parmesan cheese and Almond Accents.

Serves 4

Nutrition Information Per Serving: 197 calories; 8 g fat; 53 mg cholesterol; 388 mg sodium; 9 g carbohydrate; 4 g fiber; 23 g protein

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Preparation Time : 10  
minutes