

A Sutherland Belle

Chicken Caesar Kale, Strawberry & Roasted Brussels Sprouts Salad

INGREDIENTS

For Chicken

- ½ of a lemon, juiced
- 1 tablespoon olive oil
- 2 tablespoons Dijon mustard
- 1 clove of garlic, minced
- 1 tablespoon fresh rosemary, minced
- ¾ teaspoon kosher salt
- Fresh ground black pepper to taste
- 1-1 ½ pounds boneless skinless chicken breasts (or tenders)

For Caesar Dressing

- ½ cup Duke's mayo
- ¼ cup sour cream
- ½ teaspoon anchovy paste
- 3 cloves garlic, finely minced
- 1 ½ tablespoons olive oil
- ⅔ tablespoon lemon juice
- 1 ½ teaspoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- ½ teaspoon freshly ground black pepper
- 2 anchovy filets (optional)
- ¼ cup finely shredded fresh parmesan cheese
- Salt to taste

For Salad

- 1 large bunch Lacinato kale, stems removed
- 1 pound Brussels sprouts, quartered
- 2 tablespoons olive oil
- salt and pepper
- ½ cup shaved parmesan cheese
- lemons, cut in half
- 1-2 tablespoons sugar, optional
- 1-pint strawberries, hulled and halved

INSTRUCTIONS

Chicken Marinade

1. In a small bowl whisk together the ingredients for the marinade.
2. Season the chicken with salt and pepper then place it in a freezer bag.
3. Pour the marinade over the chicken, seal the bag, then massage it into the chicken with your hands. Refrigerate for at least an hour.

Caesar Dressing

To a mixing bowl, add Duke's, anchovy paste, olive oil, lemon juice, mustard, Worcestershire sauce, pepper, salt, and garlic, and stir. Whisk in sour cream and $\frac{1}{4}$ cups parmesan cheese. Place in an airtight container in the refrigerator until serving. If adding anchovy filets, finely mince before adding.

Salad

1. Preheat the grill to medium-high heat. Plate sugar and rub the cut side of lemons into. Place the marinated chicken and lemons onto the grill and cook for 6-8 minutes depending on the thickness, then flip and cook another 4-6 minutes or until cooked through (165 degrees F.).
2. Remove chicken and lemons from the grill. Let chicken rest before slicing.
3. Preheat oven to 350 degrees. Place Brussels sprouts on a large baking pan. Toss with oil, salt, and pepper. Cook for 20-25 minutes flipping halfway through.
4. In a large bowl, add kale, sprouts, and chicken. Toss with the desired amount of dressing. Top with parmesan, strawberries, and additional dressing. Squeeze sugared lemon on top before serving.