Jalapeño Caesar Salad with Blackened Chicken

Ingredients:

1 pound boneless, skinless chicken breasts
1 1/2 teaspoons extra virgin olive oil, divided
1 teaspoon ground black pepper
1 small jalapeño, quartered
3 large garlic cloves
1/4 cup parmesan cheese, grated
2 tablespoons Dijon mustard
1 1/2 tablespoons Worcestershire sauce
4 ounces (1/2 cup) organic silken tofu, drained
1 large bunch Romaine lettuce, roughly chopped

Nutrition Facts

Serving Size 3 cups salad (321g)
Servings Per Container 4

Amount Per Serving

Calories 210	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 310mg	**13%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 32g	

Vitamin A 280% • Vitamin C 20%
Calcium 20% • Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Preheat the broiler. Pound the chicken with a kitchen mallet until it is 1 1/2 inches thick. Rub chicken with 1/2 teaspoon of olive oil and sprinkle with 3/4 teaspoon pepper. Broil the chicken breasts on a baking pan until done, about 8 minutes, turning once. Let the cooked chicken rest for at least 5 minutes. Slice into thin (1/4 inch wide) strips.
2. Add the jalapeño, garlic, cheese, mustard, Worcestershire sauce, tofu, and remaining 1/4 teaspoon black pepper to a blender and puree. Add remaining 1 teaspoon oil and blend until smooth.
3. Toss the dressing with the blackened chicken strips and lettuce, and serve. If you toss while the chicken is hot, serve immediately so the lettuce doesn't wilt. Alternatively, serve the dressing on the side so everyone can add their own salad.

For more information, please contact:
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Source: American Diabetes Association