Protein-Packed Grilled Chicken Caesar Salad

A light and satisfying low-carb Caesar salad featuring perfectly grilled chicken on crisp romaine with a zesty, light Caesar dressing.

Servings: 2 **Time:** 25 minutes

Ingredients

- 8 oz boneless, skinless chicken breast
- 4 cups chopped romaine lettuce
- 1/4 cup grated Parmesan cheese
- 1/2 cup light Caesar dressing
- 1 tsp olive oil
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp salt
- Optional: 1 tbsp lemon juice

Instructions

1. Preheat grill or stovetop grill pan over medium-high heat.
2. Brush chicken breast with olive oil and season with garlic powder, salt, and black pepper.
3. Grill chicken for 6-7 minutes per side or until internal temperature reaches 165°F.
4. Remove chicken and let rest for 5 minutes, then slice thinly.
5. In a large bowl, toss chopped romaine with light Caesar dressing and lemon juice if using.
6. Divide dressed lettuce between two plates and top each with sliced grilled chicken.
7. Sprinkle Parmesan cheese evenly over the salad and serve immediately.

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