Grilled Chicken Caesar Salad Bowl

Juicy grilled chicken breast served over crisp romaine with a rich, low-carb Caesar dressing—no croutons needed for a healthy, protein-packed meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 boneless, skinless chicken breasts (6 oz each)
- 1 tbsp olive oil
- Salt and black pepper to taste
- 4 cups chopped romaine lettuce
- 1/4 cup shaved Parmesan cheese
- 1/4 cup Caesar dressing (low sugar, low carb preferred)
- 1 tsp lemon juice
- 1/2 tsp garlic powder

Instructions

1. Preheat grill or stovetop grill pan to medium-high heat.
2. Rub chicken breasts with olive oil, garlic powder, salt, and pepper.
3. Grill chicken for 6-7 minutes per side or until internal temperature reaches 165°F.
4. Remove chicken from grill and let rest for 5 minutes, then slice thinly.
5. In a large bowl, toss chopped romaine with Caesar dressing and lemon juice.
6. Divide dressed romaine evenly between two plates.
7. Top each plate with sliced grilled chicken and sprinkle with shaved Parmesan.
8. Serve immediately.

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