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## **Grilled Kale Caesar With Chicken**

Prep time: 5 min. Cook time: 5 min.

Serving size: 1 salad

Recipe yields 1 serving

### **Ingredients**

5 oz. cooked chicken breast

4 cups kale

1 clove garlic, chopped

2 anchovy fillets

Juice of half a lemon

1/4 cup mayonnaise

1 tsp cracked black pepper

### **Directions**

1. Preheat the broiler.
2. Combine the garlic, anchovy, lemon juice, mayonnaise, and black pepper.
3. Massage the kale with a little olive oil and salt, and put under the broiler for a few minutes, to wilt and char just slightly.
4. Chop up the cooked chicken breast into small pieces. Toss with kale and dressing.