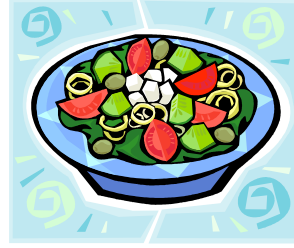


Chicken Caesar Salad

1 chicken breast
1 clove garlic, minced
2 T nonfat yogurt
1 T lemon juice
2 T Parmesan Cheese
dash dry mustard
Black pepper
Splash of milk
Romaine Lettuce—1 leaf per person
Croutons—Diced bread, olive oil and garlic



Sauté the diced bread in small amount of olive oil and 1 clove of garlic. Shake the pan well and cook over medium heat until the croutons are delicately browned and crisp. Add additional oil if necessary. For additional crispness, place in oven to dry out at medium temp.

Season chicken, pan fry in small amount of oil until no longer pink in the center. Slice and set aside.

Wash lettuce, dry and cut into _ inch chunks.

Mix garlic, yogurt, lemon juice, parmesan cheese, mustard, pepper, salt and milk.

Toss lettuce with sauce and top with chicken and croutons.

Bon Appétit