

CO-OP MEALS
Dinner in 30

Chicken Caesar Pasta Salad

Serves 4

Shopping List:

For the Dressing:

- 3-4 anchovy fillets (about 1½ tsp. mashed)
- ½ cup plain Greek yogurt
- 3 Tbs. extra-virgin olive oil
- 3 Tbs. fresh lemon juice
- 1½ tsp. Dijon mustard
- 1 Tbs. Worcestershire sauce
- 1½ tsp. minced garlic
- ½ tsp. freshly ground black pepper
- Salt, to taste
- 1/8 tsp. sugar

For the Salad:

- 4 cups chopped romaine lettuce
- 1 lb. cooked boneless chicken breast, diced
- 1 pint grape tomatoes, halved
- ½ cup freshly, finely shredded Parmesan
- 1 cup croutons (optional)



Cook:

For the dressing:

Remove larger bones from anchovy fillets. Place in a small mixing bowl and mash to a paste with the back of a spoon. Add in Greek yogurt, olive oil, lemon juice, mustard, Worcestershire sauce, garlic, pepper, salt, and sugar, and stir until well blended. Chill in refrigerator while preparing the salad.

For the salad:

Cook the pasta in salted water according to package directions. Drain and rinse just briskley so noodles don't stick, then allow to cool. Add lettuce, pasta, chicken, and half of the tomatoes to a salad bowl. Pour dressing over the top, sprinkle in half of the Parmesan and toss evenly to coat. Top with remaining half of the tomatoes, the croutons, and the remaining Parmesan.

Serve immediately.

Tips and Hints

• Substitutions

Anchovy paste can be used as a substitute for fresh anchovies. For a lighter flavor we've used the white anchovies from our Seafood department.

• Make Ahead

You can prepare the salad and dressings ahead, just add the croutons just before you serve.