

Delectable Low-carb Caesar Salad



Relish a Ketogenic salad platter loaded with the crunchiness of Romaine lettuce, succulent chicken, crisp bacon pieces, flavorsome dressing & cheese.

Ingredients for 2 serving (US/Metric)

- 262g / 9.2oz **Chicken breast**
- 6 *pieces* **Bacon**
- 188g / 6.6oz **Romaine lettuce**
- 2.5 *tbsp* **Parmesan cheese**
- 1.5 *tbsp* **Olive oil**
- **Dijon Mustard**
- 6.5 *tbsp* **Mayonnaise**
- **Lemon juice**
- **Garlic Cloves**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 30%
- **Fat:** 69%
- **Net carbs:** 1%

Instructions

1. Set the oven for preheating at 350°F (175°C).
2. To prepare the salad dressing whisk/blend all the ingredients nicely. Transfer to the refrigerator.
3. Now, grease a baking tray and place the chicken breasts on it. Sprinkle salt pepper seasoning along with some olive oil/melted butter on top of the chicken. Bake for 20 minutes. (*or cook on the stove-top)
4. Next, put the bacon strips on a skillet and fry until crisp.
5. To plate the salad, arrange freshly chopped lettuce leaves on 2 dishes.
6. Slice the chicken breasts and lay them on the lettuce.
7. Top with crisp bacon crumbles followed by a spoonful of the chilled dressing & grated Parmesan.