

Grilled Chicken & Asparagus Caesar

Serves 2

Ingredients

7 ounces boneless, skinless chicken breast
2 tablespoons salt
2 cups water
1 tablespoon vegetable or canola oil, divided
6 - 1/2" thick slices baguette
5 ounces fresh asparagus, at least 1/4" thick, washed and ends trimmed
4 cups romaine lettuce, washed and torn into bite size pieces
1/4 cup Caesar salad dressing
1/4 cup grated parmesan cheese, divided
salt and black pepper

Instructions

To brine the chicken breast: place the chicken breast in a medium glass bowl. Combine the salt and water and stir until the salt dissolves. Pour over the chicken breast. Make sure the chicken is totally submerged in the salt water. Cover and refrigerate for 2 hours.

Remove the chicken from the brine and wash thoroughly with cold water to remove the brine solution. Pat dry with paper towels and set aside.

Heat your gas grill or build a charcoal fire. Make sure to have warm and cool sides of the grill.

Use the oil to lightly coat the chicken, asparagus and baguette slices.

To grill, place the chicken breast on the hot grates and allow to cook for 2 minutes. Turn 90 degrees and grill for an additional 2 minutes. Turn the chicken over and do the same on the other side for a total of 8 minutes. Move the chicken to the cooler side of the grill and continue cooking until the chicken registers 170 degrees in the center, about an additional 5 to 6 minutes. Remove from grill and allow to rest for 5 minutes before cutting.

During the last 5 minutes of cooking the chicken, add the asparagus to the grill. Grill for 3 or 4 minutes, depending on thickness, until the asparagus is cooked through, but still crisp. Turn the asparagus about halfway through the cooking time. Once done, remove from the grill.

Add the baguette slices that have been brushed on both sides with oil. Grill about 30 seconds to a minute on each side until a light golden brown. Remove from grill.

Place the romaine in a large salad bowl. Cut the grilled asparagus into 1" pieces and add to the romaine. Toss to mix. Add the salad dressing and toss to coat.

Cut the chicken breast into bite size pieces and add to the salad along with half of the grated parmesan.
Toss to mix.

Cut the grilled baguette slices into 1/2" cubes and add to the salad. Season with salt and pepper to taste.

Divide the salad over two plates. Topping with remaining grated cheese.