

Caesar salad – Feeds 2



Ingredients



4 cups chopped lettuce



1 tablespoon Caesar salad cream



1 tablespoon cooked bacon



1 tablespoon Parmesan cheese



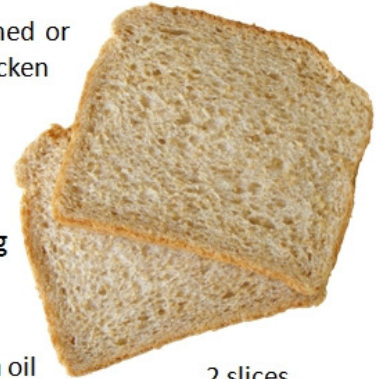
¼ cup steamed or boiled chicken



2 hard boiled egg



canola oil spray

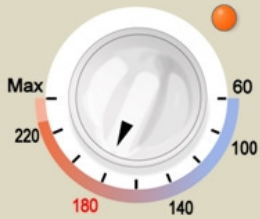


2 slices of bread

Equipment



Croutons



Heat the oven to hot (180 degrees)
(The time will depend upon the oven)



Cut the bread into 1 cm pieces



Bake for 10 – 15 minutes

Bacon



Fry and slice the bacon

Chicken



Steam or boil the chicken



1 Add 4 cups of lettuce



2 Add chicken



3 Add bacon



4 Add Caesar salad dressing



5 Add croutons



6 Add cheese



7 Serve

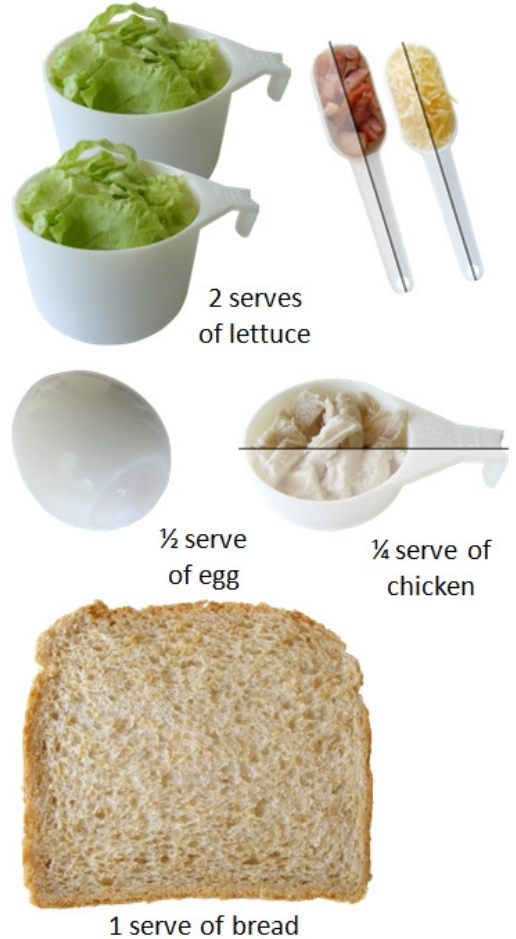


8 Add 1 egg for each serve

Good food plate



Serves in 1 serve of Caesar salad and egg



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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