

Grilled Romaine Salad with Lemon Chive Chicken

Grilled romaine is one of our favorite tricks for upgrading a healthy salad into a superstar meal. We're serving it this week with chicken breast, a bright lemon-chive dressing, and topping it all with healthy cauliflower "bacon" crumbles. It's a speedy, healthy dinner that's on the table in a heartbeat.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Cutting Board

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Chicken Breast
- Romaine Lettuce
- Cauliflower "Bacon" Crumbles
- Yellow Grape Tomatoes
- Pickled Red Onions
- Lemon-Chive Dressing

Make The Meal Your Own

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 390 Calories, 65g Protein, 4g Fat, 29g Carbs, and 2 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken, Romaine Lettuce, Yellow Grape Tomatoes, Cauliflower, Red Onion, Mayonnaise, Chives, Lemon, Tamari, Chipotles in Adobo, Smoke Flavor, Vinegar, Maple Syrup Brown Sugar, Paprika, Sugar, Kosher Salt, Black Pepper,

meez*meals*

1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 1½ Tbsp of olive oil over medium-high heat. When the oil is hot, add the chicken and cook until it is crisp and brown, about 4 minutes. Turn the chicken over and cook until the other side is brown as well, about 3 to 4 additional minutes. Remove from the heat and set aside. Do not wipe out the pan.

2. Grill the Romaine

Cut the **Romaine Lettuce** head in half the long way leaving the root at the bottom intact, so each romaine-heads half holds together. Arrange the romaine halves, cut-side-up, on a cutting board and drizzle with olive oil, salt and pepper.

Return the now-empty skillet to the stove over medium heat and place the romaine halves in the pan, cut-side-down. Cook until the leaves start to brown, about 2 minutes. Flip the romaine halves and cook the other side until it starts to brown, an additional 2 minutes. Return the romaine to the cutting board and cut into 1" pieces. Wipe out the skillet.

*Fan out the
romaine
leaves so
that the
inside gets
the oil, salt,
and pepper
as well.*

3. Make the Cauliflower "Bacon" Crumbles

Return the now empty skillet to the stove over medium-high heat with 1½ Tbsp olive oil. When the oil is hot, add the **Cauliflower "Bacon" Crumbles** and sauté until they start to crisp and all the sauce is completely evaporated, about 3 minutes. Turn off the heat.

4. Putting It All Together

Drain the excess liquid from the **Pickled Red Onions** and layer over the chopped romaine and **Yellow Grape Tomatoes** (sliced in half if you prefer). Place the chicken breast on top and drizzle everything with the **Lemon-Chive Dressing**. Sprinkle the Cauliflower "Bacon" Crumbles over top and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois