

KETO CAESAR SALAD

Serves: **4**
Prep Time: **10** Minutes
Cook Time: **30** Minutes
Total Time: **40** Minutes

INGREDIENTS

- **10 oz. chicken breasts**
- **1 tablespoon olive oil**
- **salt**
- **2 oz. bacon**
- **6 oz. romaine lettuce**
- **1 oz. parmesan cheese**

DRESSING

- **½ cup mayonnaise**
- **1 tablespoon chopped filets of anchovies**
- **1 garlic clove**
- **1 tablespoon mustard**
- **½ lemon zest**

- 1 tablespoon parmesan cheese

DIRECTIONS

- 1. In a bowl mix all ingredients for the dressing and set aside**
- 2. Preheat oven to 400 F and place chicken breast in a baking dish and bake for 15-20 minutes**
- 3. In a bowl place sliced chicken, all the salad ingredients, dressing and mix well**
- 4. Serve with parmesan cheese**