



Caesar Salad Skewers

Servings: 4

Ingredients

- 1/2 cup romaine lettuce (cut into chunks)
- 1/2 cucumber (cut into 1/2" thick half moons)
- 1/2 cup cherry tomatoes
- 1/2 cup croutons (or 1" bread pieces, gluten-free if desired)
- 1/2 cup mozzarella cheese (part skim- cut into cubes, optional)
- 1/2 cup chicken breasts (cooked and cut into 1" cubes)
- 1/2 cup Caesar salad dressing

Directions:

1. Put all of the ingredients on a skewer
2. Drizzle with Caesar salad dressing. You can also dip into the dressing.

Nutrition Information based on 1 serving:

Calories: 461	Total Fat: 41.5 g	Total Carbohydrate: 7.5 g	Dietary Fiber: 1 g
Protein: 14.5 g	Sodium: 1035 mg	Calcium: 249 mg	Iron: 1 mg

University of Delaware Cooperative Extension In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs).

Remedies and complaint filing deadlines vary by program or incident.