

Caesar Sauce

Ingredients

- 3 garlic cloves
- 2 Tbs lemon juice
- 2 ½ tsp Worcestershire sauce
- 1 Romaine heart, roughly chopped
- 1 cup olive oil
- 1 tsp dry mustard
- ½ cup grated parmesan cheese
- ½ tsp salt
- 4-5 twist of cracked pepper

Directions

Place all ingredients except the cracked pepper in a blender. Blend until smooth. Stir in the cracked pepper. Place in an airtight container and refrigerate for a couple hours to overnight for the flavors to come together. As a healthier option, serve in place of store bought Caesar dressing.

*This is a mild version of Caesar dressing. If it's too mild for your taste, add a little more mustard, pepper, and Worcestershire.

Chicken Caesar Soup

Ingredients

- 6 cups chicken broth
- 5 garlic cloves, roughly chopped
- 4 bone-in chicken thighs
- 3 Tbs oil
- 2 Romaine lettuce hearts, roughly chopped
- 2 tsp kosher salt
- 1 russet potato, diced
- 1 onion, thinly sliced
- 1 tsp Worcestershire sauce
- ½ cup parmesan cheese, flaked
- ½ a lemon
- Freshly cracked pepper
- ½ cup heavy cream(optional)
- Croutons or garlic bread(optional)

Directions

Sauté onions, potato, salt, and garlic in oil over medium high heat until the onions are translucent. Add in the broth and chicken. Cook for about 20 minutes or until chicken is completely cooked through. Transfer the chicken to a plate. Turn off the heat. Stir in the chopped romaine and allow to sit in the soup. In the meantime, debone and shred the chicken, set aside. Add the Worcestershire sauce and lemon juice.

With a submersion blender, blend the soup until smooth. If using, stir the cream into the soup and transfer the shredded chicken back into the pot as well. Ladle soup into separate serving bowls. Give each bowl a twist of cracked pepper. Top with parmesan cheese and croutons.

Chicken Lettuce Wrap Filling

Ingredient

- 8oz water chestnuts, drained and minced
- 3 garlic cloves, minced
- 2 Tbs rice vinegar
- 2 green onions, sliced thin
- 1 Tbs sesame oil
- 1 Tbs ginger, freshly grated
- 1 tsp hot chili paste
- ½ lb ground chicken
- ½ cup yellow onion, minced
- ½ cup hoisin sauce
- ¼ cup soy sauce
- ½ a head of Iceberg lettuce

Directions

In a small mixing bowl, whisk together the hoisin, rice vinegar, soy sauce, and chili paste. Set aside. Sauté the diced onion, ginger, and garlic in the sesame oil over medium high heat. Cook for about 2 minutes. Add in the ground chicken. Break the chicken up into the onion mixture and stir occasionally until thoroughly cooked through. Stir in the hoisin sauce mixture and water chestnuts until well combined. Let cook for another two minutes. Remove from heat.

Carefully separate the head of lettuce into cups. Evenly portion out the filling into each cup and sprinkle with green onion. Serve immediately.

*Add more chili paste and soy sauce for bolder, spicier flavor. Enjoy!