

# chicken caesar salad with smokey chickpeas

**SERVES 1 • READY IN 25 MINUTES OR LESS**



**PHASE 2**

**PHASE 3**

## Ingredients:

### Chicken

- 7.5-9.5 oz chicken breast, cut into strips
- ½ tsp olive oil
- ¼ tsp oregano
- ⅛ tsp salt

### Smokey Chickpeas

- ½ cup canned chickpeas, drained
- ¼ tsp olive oil
- ¼ tsp smoked paprika
- ¼ tsp garlic powder
- ⅛ tsp salt

### Dressing

- 1 oz parmesan cheese, grated
- ½ cup Greek yogurt
- 2 tbsp lemon juice, plus 1 wedge lemon for serving
- 2 cloves garlic, minced
- ½ tsp hot mustard
- 1 tsp tamari or soy sauce
- ½ tsp hot sauce

### For Serving

- 2 cups chopped romaine lettuce
- ½ package IP Garlic Parmesan Croutons, crumbled

Preheat air fryer to 375F. Rub chicken strips with remaining chicken ingredients. Toss chickpeas in a bowl with remaining chickpea ingredients. Place chickpeas in one layer in the air fryer for 7 min. Mix chickpeas. Make room in the basket for the chicken and place chicken inside. Air fry for 7-10 minutes or until chicken is cooked to an internal temperature of 165F and chickpeas are toasty.

Meanwhile add all the dressing ingredients together in a mini food processor. Pulse to incorporate all the ingredients. Place lettuce on a large plate. Drizzle with some dressing.

Place chicken and chickpeas on the lettuce and drizzle with more dressing. Place parmesan and croutons on top.