

Roasted Romaine & Chicken with Tofu Caesar Dressing

Skill Level [Easy](#)

Preparation Time 10 minutes

Total Time 55 minutes

Servings 4

Cost Per Serving \$3.94



Ingredients

2	Chicken Breasts, butterflied or 6 Thighs, boneless
1 head	Romaine Lettuce, quartered
3/4 cup	Panko Breadcrumbs
2 medium	Sweet Potatoes, peeled and cubed
1 tbsp	Olive Oil
1 tbsp	Sage
1/2 tsp	Sea Salt and Black Pepper

Caesar Dressing

1 cup (250g)	Silken Tofu
--------------	-------------

3 tbsp	Lemon Juice (plus zest of lemon)
3 tbsp	Extra Virgin Olive Oil
1 tbsp	Dijon Mustard
3 tbsp	Parmesan Cheese, grated
3 tbsp	Anchovies or Worcestershire Sauce (optional)
1/2 tsp	Sea Salt and Black Pepper

Directions

1. Preheat the oven to 425 degrees F.
2. Combine all the dressing ingredients in a blender until smooth. Pour half of the dressing over the chicken breasts and let marinate in the fridge for at least 15 minutes.
3. Coat the chicken breasts with panko bread crumbs and place on a baking sheet lined with parchment paper.
4. Dress sweet potato with some olive oil, salt and pepper and place beside the chicken on the baking sheet. Place in the oven.
5. 30 minutes into baking add the romaine pieces on the baking sheet and continue baking everything another 10 to 15 minutes.
6. Plate everything and dress with a little more dressing.

Nutrition

- When your immune system is busy fighting off cancer or it's getting through or healing from cancer treatment, food safety becomes especially important. You don't want to challenge your body by giving it bacteria from food that could make you sick. Caesar salad dressing traditionally uses raw eggs. In this recipe, we've replaced them with silken tofu for creaminess and food safety.
- Soy contains isoflavones such as genistein, a plant nutrient with antioxidant effects. In cell studies, genistein prevents pancreatic cancer cells from growing and destroys them. Studies in people suggest that genistein can help improve the effectiveness of chemotherapy drugs commonly used to treat pancreatic cancer.

- Sweet potatoes replace croutons in this recipe because softer foods can be easier to manage. They're high in beta-carotene, an antioxidant linked to a lower risk of several types of cancer.

- **Nutrition Facts**
Valeur nutritive
Serving Size (389 g) / Portion (389 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 340	
Fat / Lipides 15 g	23 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Cholesterol / Cholestérol 40 mg	
Sodium / Sodium 880 mg	37 %
Carbohydrate / Glucides 32 g	11 %
Fibre / Fibres 6 g	24 %
Sugars / Sucres 5 g	
Protein / Protéines 21 g	
Vitamin A / Vitamine A	230 %
Vitamin C / Vitamine C	20 %
Calcium / Calcium	15 %
Iron / Fer	20 %