

# Rotisserie Chicken Caesar Salad

## Ingredients

- 1/2 a can of Chickpeas
- 1 tbsp Olive Oil
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Lemon Juice
- 1/2 head of Romaine Lettuce
- 8 oz Shredded Rotisserie Chicken
- 4 tbsp Light Caesar Dressing



Makes 4  
Servings

## Directions

1. Preheat oven to 350 °F.
2. Drain and rinse chickpeas.
3. On an oven tray, coat chickpeas in olive oil, garlic powder, onion powder, and lemon juice.
4. Cook in oven for 30 minutes, then let cool.
5. Toss roasted chickpeas, romaine lettuce, rotisserie chicken, and dressing together.
6. Makes 4 servings that last in fridge for one week.

## Chickpeas as Croutons

Substituting croutons for roasted chickpeas still gives your salad that delicious crunch, while also fueling you with lots of fiber and protein. Although they are still a carb and should be counted as one, they are a complex carb which is better for your body!

