

# Easy and Delicious Grilled Chicken with Avocado Kale Caesar Salad Recipe

Have you been craving something delicious, healthy and high-quality, but you're too busy to even think about what to cook? At Brimstone BBQ, we understand that mealtime can be a hassle sometimes, especially for busy families like ours who are always on the go. That's why we understand the importance of recipes that are not only delicious, but also easy to make.

One of our favourite recipes is this simple but delicious Grilled Chicken with Avocado Kale Caesar Salad. The best part? This recipe is made with Nutrafarms boneless skinless chicken breasts from local Ontario farmers, which means you can trust the quality and taste of the ingredients you're using.

## Ingredients for Grilled Chicken with Avocado Kale Caesar Salad :

- 2 [Nutrafarms boneless skinless chicken breasts](#)
- 2 avocados, sliced
- 4 cups chopped kale
- 1/4 cup mayonnaise
- 2 cloves of garlic, minced
- 2 tablespoons lemon juice
- 1/4 cup grated Parmesan cheese
- 2 anchovies, minced (optional)
- 1 tbsp Dijon mustard
- 1 teaspoon Worcestershire sauce
- Salt and pepper
- Lemon slices (optional)



### **Prep & Directions for Grilled Chicken with Avocado Kale Caesar Salad :**

1. Preheat your grill to high heat.
2. Season the chicken breasts with salt & pepper (or your favourite blend of spices) and 1 tbsp of oil
3. Grill the chicken for 4-5 minutes per side, or until fully cooked.
4. In a small bowl, mix together the mayonnaise, garlic, lemon juice, anchovies, Dijon mustard, Parmesan cheese and Worcestershire sauce.
5. In a large bowl, combine the kale and the dressing.
6. Slice the grilled chicken and avocado, and serve on top of the salad with the lemon slices.
7. Enjoy!



## **Final Thoughts: Nutrafarms Grilled Chicken with Avocado Kale Caesar Salad**

At Brimstone BBQ, we have selected Nutrafarms as our trusted source for quality meats. We've tried countless other options over the years, but nothing beats getting [high-quality, local food delivered right to your door](#). We're so confident in their products that we exclusively use Nutrafarms in all of our events, and we also recommend them to all of our customers. We're confident that once you taste this Grilled Chicken with Avocado Kale Caesar Salad, you'll understand why!