

# For the Beach

## CHICKEN CAESAR SALAD POCKETS, GRAPES, MARINATED OLIVES, & DARK CHOCOLATE

This lunch balances a hot, dry place with cool & juicy treats. After an Italian-style picnic like this, Crane Beach might start to feel like the Italian Riviera.

### Easy Grilled Lemon Caesar Chicken Pockets

Prepare this in advance and let marinating time do the work for you.

Prep time: 10 minutes (not including marinating)

Cook time: 8 minutes

Yield: 4-6 pocket sandwiches

### INGREDIENTS

Juice from 1 lemon (about 4TB)

¼ cup olive oil

2 cloves garlic, crushed (about 2 tsp)

2 tsp Worcestershire sauce

½ tsp salt

½ tsp freshly ground black pepper

1 lb chicken tenders, or chicken breasts cut into narrow strips

1 head (about 4 cups) shredded Romaine lettuce

2 TB mayonnaise

¼ cup shredded Parmesan cheese

2-3 small pita breads, sliced in half

### DIRECTIONS

In a small bowl, combine half of the first 4 ingredients (lemon juice, olive oil, garlic, and Worcestershire). Pour over the chicken, sprinkle with salt and pepper, turn to coat, and marinate for a few hours or longer.

Preheat your grill and grill the chicken for 8 minutes, turning once, or until done. Set in the fridge to cool (doing this a few hours before your trip is perfect).

To make the dressing, process the remaining half of those first 4 ingredients along with the Parmesan and the mayonnaise in a blender or food processor, and store until you're ready to assemble your masterpiece.

Slice cooked chicken into ½-inch pieces. In a large bowl, toss the chicken with the lettuce and the dressing. To ensure fresh texture in your sandwiches, bring your salad in a small container, and the pita in a bag, and then fill the pockets when you're ready to eat as you look out over the Mediterranean. Or Cape Cod Bay.

**Tip:** Keep some juicy chunks of chicken in a small container for the kids to eat separately, along with some grapes.