

Chicken Caesar Chaffles



Ingredients

Cooking spray

1 5-oz. can chicken, strained and rinsed

1 large egg

3 Tbsp. cheddar cheese

Spices to taste (salt, pepper, and garlic and onion powder)

1 serving of salad of choice

Instructions

Plug in waffle iron or mini waffle maker. Spray with cooking spray.

In a bowl, mix all the ingredients except the salad.

When waffle maker is ready, add half the mixture and close. Let cook for 3-4 minutes or until golden brown. Remove and let cool. Repeat for the rest of the mixture.

Let chaffles cool before adding salad.

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