



Healthy Cobb Salad

“The Cobb is one of my FAVORITE salads, probably because it is full of all kinds a tasty things like eggs, bacon, and avocadoes. This is a healthier version of the Classic Cobb Salad with a bit less fat, and full of whole raw veggies that make the tummy very happy, not to mention the good taste!” - Kelly May

Prep Time: 20 min

Cook Time: 15 min

Ready In: 35 min

Serving Size: 4 servings

Salad Ingredients

- ✓ 10 cups of mixed salad greens
- ✓ 8 ounces of shredded or diced chicken breast
- ✓ 2 large hardboiled eggs
- ✓ 2 medium tomatoes, diced
- ✓ 1 large cucumber diced
- ✓ 1 avocado, diced
- ✓ 2 slices bacon cooked and crumbled

Dressing Ingredients

- ✓ 1 tablespoon of brown mustard
- ✓ 3 tablespoons white wine vinegar
- ✓ 3 tablespoons of olive oil (or substitute flax seed oil)
- ✓ 1 teaspoon freshly grown pepper
- ✓ ¼ teaspoon salt
- ✓ 1 teaspoon minced garlic

Directions:

1. Add mustard, oil, vinegar, pepper, salt, and garlic to a small bowl and mix. Put salad greens in a large bowl and add half of the dressing. Then toss the salad until the greens are coated. Divide the coated salad greens onto 4 dinner plates.
2. Add equal amounts of chicken, egg, tomatoes, cucumber, avocado, and back to each plate on top of the salad beds. Drizzle the remaining dressing on top of all 4 salads.

Nutritional Information on the next page . . .

Nutrition

Amount per serving

- ❖ Calories: 276
- ❖ Total Fat: 16 g
- ❖ Total Carbs: 15 g
- ❖ Protein: 21 g
- ❖ Cholesterol: 146 mg
- ❖ Sodium: 398 mg
- ❖ Potassium: 601 mg