Cobb Salad and Dressing

A bed of lettuces served with fresh tomatoes, turkey bacon, grilled chicken breast, hard-boiled eggs, avocado, crumbled cheese, and green onions. Top with dressing (recipe included) and enjoy!

Yield:

4 large servings

Ingredients:

Cobb Salad Ingredients:

1/2 head Iceberg lettuce, chopped
1 large head Romaine lettuce, chopped*
2 tomatoes, diced
6 strips turkey bacon, cooked until crisp and chopped into small pieces
2 grilled chicken breasts (can be hot or cold), sliced thinly
3 hard-boiled eggs, peeled and diced
1 large avocado, diced
1/2 cup crumbled Roquefort or bleu cheese
1/4 cup thinly sliced green onions

Original Cobb Salad Dressing Ingredients:

1/4 cup water
1/4 cup red wine vinegar
1/4 teaspoon sugar
1 teaspoon fresh lemon juice
2 teaspoons salt
3/4 teaspoon freshly ground black pepper
3/4 teaspoon Worcestershire sauce
1/4 teaspoon dry English mustard
1 small garlic clove, minced
1/4 cup olive oil

3/4 cup vegetable oil (or light olive oil)

Instructions:

1. Make the salad dressing by whisking or blending together the dressing ingredients. Mix well!

2. In a large bowl, toss together the lettuces with enough dressing to coat. This should take about 1 cup of the dressing. Arrange lettuce either on 4 large serving plates or in a large shallow serving bowl.

3. Place the toppings in strips across the lettuce, as pictured: tomatoes, bacon, chicken, eggs, avocado, and bleu cheese. Sprinkle green onions over the top of the salad.

Serve salad with additional dressing on the side, if desired.



This recipe is from Tammy’s Recipes.