

# 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.



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