



Easy Cobb Salad

prep time:
23 minutes

cook time:
7 minutes

makes 4 servings

grocery list

2 hard-cooked eggs

Filippo Berio Extra Virgin Olive Oil

ShopRite white wine vinegar

Morton & Bassett Italian Seasoning

ShopRite salt

Morton & Bassett Fine Ground Black Pepper

dry mustard and chicken broth

2 boneless, skinless chicken breast halves

fresh leaf or iceberg lettuce

Cheddar cheese

fresh tomato and green onions

bacon and crumbled blue cheese

easy cobb salad

- 2 hard-cooked eggs*
- 1/3 cup **Filippo Berio Olive Oil**
- 2 tbsp. ShopRite white wine vinegar
- 1 clove garlic, minced (optional)
- 1/2 tsp. **Morton & Bassett Italian Seasoning**
- 1/4 tsp. ShopRite salt
- 1/8 tsp. **Morton & Bassett Fine Ground Black Pepper**
- 1/8 tsp. dry mustard
- 1 cup chicken broth
- 2 boneless, skinless chicken breast halves
- 6 cups torn leaf or iceberg lettuce
- 3/4 cup loosely packed watercress (optional)
- 1/2 cup (1/4 - inch cubes) Cheddar cheese
- 1 fresh medium tomato, coarsely chopped
- 2 fresh medium green onions, sliced
- 3 strips precooked bacon, or
3 strips crisp-cooked and crumbled
- 3 oz. crumbled blue cheese

1. Hard-cook eggs, cut in quarters; set aside. Meanwhile, in small bowl, whisk together olive oil, vinegar, garlic, Italian seasoning, salt, pepper, and mustard; set aside.
2. Pour chicken broth in medium skillet. Sprinkle chicken lightly with salt and pepper to taste; place in skillet. Heat broth to a simmer; turn chicken over. Cover; simmer 7 to 9 minutes or until tender and no longer pink (170°F). Drain; shred or chop chicken. Set aside to cool.
3. Meanwhile, combine lettuce, watercress, if desired, Cheddar cheese, tomato, green onion, chicken, and bacon in large bowl; toss to mix.
4. Drizzle dressing over salad; toss to coat. Sprinkle with blue cheese.

Per Serving: 420 calories, 9g carbohydrate, 26g protein, 32g fat, 2g fiber, 155mg cholesterol, 740mg sodium

cook's journal

kitchen tools

medium saucepan
with cover
cutting board
chef's knife
liquid measuring
cup
measuring spoons
small bowl
whisk
medium skillet
with cover
meat
thermometer
large bowl

recipe note

*For perfect hard-cooked eggs, place eggs in a pan and cover with at least an inch of water. Bring to a boil. Take pan off heat; let stand tightly covered for 15 to 17 minutes. Drain; cover with ice water. Cool eggs completely before peeling.

a good idea

To save time, buy whole hard-cooked eggs or pieces at the ShopRite salad bar.

