

Bite Spoon

Cobb Salad Recipe – High-Protein Quick Meal

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 chicken breasts, grilled and sliced
- [ ] 4 slices turkey ham, cut into strips
- [ ] 4 hard-boiled eggs, quartered
- [ ] 1 ripe avocado, diced
- [ ] 2 cups romaine lettuce, chopped
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cup blue cheese crumbles
- [ ] ¼ red onion, thinly sliced

Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp red wine vinegar
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp honey
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Season the chicken breasts with salt and pepper, then grill over medium-high heat for about 5-6 minutes per side until cooked through; let rest and slice.
2. While the chicken grills, whisk together olive oil, red wine vinegar, Dijon mustard, honey, lemon juice, salt, and pepper to create a smooth vinaigrette.
3. In a large bowl, combine chopped romaine, halved tomatoes, sliced red onion, and diced avocado; toss gently.
4. Arrange the grilled chicken slices, turkey ham strips, egg quarters, and blue cheese crumbles on top of the greens in neat rows.
5. Drizzle the dressing over the salad just before serving and give a quick, gentle toss to coat everything lightly.
6. Serve immediately, perhaps with a slice of whole-grain bread or a side of cucumber tomato salad for extra freshness.

Nutrition per serving

420 kcal	32 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra smoky flavor, marinate the chicken in a dash of smoked paprika.
- If you prefer less salt, use low-sodium turkey ham.
- Feel free to add a handful of nuts, like toasted walnuts, for crunch.