

Bite Spoon

Easy Classic Chef Salad

Fresh chef salad with turkey, cheese, eggs, and a zesty dressing for a speedy, wholesome meal.

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Salad** Course

Ingredients

Main Ingredients

- [ ] 4 cups mixed lettuce leaves, torn
- [ ] 1 cup cooked turkey breast, sliced
- [ ] 2 hard-boiled eggs, sliced
- [ ] 1/2 cup cherry tomatoes, halved
- [ ] 1/3 cup shredded cheddar cheese
- [ ] 1/4 cup sliced cucumber

Dressing

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

Instructions

1. Wash the lettuce, spin dry, and place in a large bowl; this ensures the dressing clings nicely.
2. In a small jar, combine red wine vinegar, olive oil, Dijon mustard, honey, lemon juice, salt, and pepper; shake until emulsified.
3. Drizzle half of the vinaigrette over the lettuce and toss gently; this coats the greens without wilting them.
4. Layer the sliced turkey, tomatoes, cucumber, cheese, and egg on top of the dressed lettuce.
5. Finish with the remaining dressing, a pinch of pepper, and serve immediately while the greens stay crisp.

Nutrition per serving

310 kcal	24 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter note, add a bit more honey to the vinaigrette.
- For extra freshness, toss in a handful of chopped fresh herbs like parsley.
- Feel free to swap cheddar for Swiss or mozzarella for a milder flavor.