



Slimmed Down Cobb Salad

yield: 2 dinner-sized salads

Salads:

- 1½ small heads of romaine lettuce, coarsely chopped
- 2 boneless, skinless chicken breasts
- 4 hard boiled eggs*, cut into quarters
- 6 small tomatoes, cut into quarters
- 2 avocados, cut into bite-sized pieces
- 4 oz. crumbled bleu cheese
- 1 small bunch fresh chives, diced

Dressing:

- ¼ cup apple cider vinegar
- ¼ cup extra virgin olive oil
- 2 tbsp. canola oil
- 1 tbsp. Dijon mustard
- ½ tsp. sugar
- 1 small shallot, minced
- a dash each of salt and freshly cracked pepper



1. Fill a medium pot halfway with water. Bring to a boil. Place raw chicken breasts in boiling water. Cover and cook for about 15 minutes, until fully cooked through.
2. In the meantime, divide the lettuce between two plates. Arrange the eggs, tomatoes and avocados on top of the lettuce. Sprinkle with crumbled bleu cheese and chives.
3. Once the chicken is fully cooked, set aside to cool for a few minutes. (Make the dressing--see step 4--while waiting.) Once cool enough to handle, slice into strips. Place chicken strips on top of the prepared salads.
4. To make the dressing, whisk together all of the dressing ingredients. Drizzle over the salads and enjoy!

*Note: Here is my preferred method for hard-boiling eggs: Place raw eggs in a pot. Cover with 1-2 inches of cold water. Place pot on stove; bring the water to a boil. Reduce heat to low and simmer for one minute. Remove the pot from the heat. Cover and let stand, undisturbed, for 10-15 minutes. Transfer the eggs to an ice-water bath to make them easier to peel later (immediately chilling the eggs prevents the membrane from adhering to the shell). Also, it's easier to peel the eggs if you use eggs that are a week old instead of very fresh eggs. I have no idea why this is, but it works!