

# COBB SALAD

## WITH MUSTARD AND CHIVE VINAIGRETTE



**DIFFICULTY**

**EASY**



**TIME**

**30 MIN**



**SERVES**

**1**

### INGREDIENTS FOR VINAIGRETTE

1 cup Oil (avocado or olive)  
1/3 cup acid (lemon juice or vinegar of choice)  
1 tsp Sweetener (honey or maple syrup)  
2 tsp. Dijon Mustard  
1 tsp. Garlic or Shallot, finely chopped  
2 tsp. chives, finely chopped  
Salt and Pepper to taste

Makes about 12 servings.

### DIRECTIONS

1. Whisk or shake together all of the ingredients.

### INGREDIENTS FOR SALAD

4 oz. roasted chicken breast, chopped  
1 piece Bacon, chopped  
1 hard boiled Egg, cut in half  
1/4 avocado, sliced  
1 tbsp. Blue Cheese, or cheese of preference  
1 stalk Celery, thinly sliced  
6 Cherry Tomatoes, halved  
2 cups Mixed Greens  
1 tbsp. hemp seed or pumpkin seeds  
1/4 cup micro greens or sprouts \*optional  
Salt and Pepper to taste  
1-2 tbsp. Chive and Mustard Vinaigrette

### DIRECTIONS

1. Combine all salad ingredients in a mixing bowl and toss

### NUTRITION FACTS PER SERVING

Calories: 517 Fat: 248g Carbohydrates: 77g Protein: 191g



CALIFORNIA SCHOOLS  
**VEBA**

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