

Cobb Salad

Ingredients/Zutaten

Salad

- 1 - 2 chicken breasts
- 4 eggs, hard boiled and sliced
- fresh Romaine lettuce
- fresh Arugula lettuce (optional)
- 2 cups small tomatoes, cut in half
- 1 cup beets, pickled in red wine
- 1 can whole corn kernels, drained and rinsed
- 1 can garbanzo beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 cup artichoke hearts, marinated

Vinegarette Dressing

- $\frac{1}{4}$ cup white wine vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- salt and pepper (to taste)
- water (as needed)
- $\frac{1}{4}$ cup olive oil (as needed)

Garnish

- 1 cup Feta cheese, crumbled
- 3 strips bacon, fried crispy, cooled, and chopped into $\frac{1}{4}$ inch sections
- 1 - 2 green onions, chopped into $\frac{1}{4}$ inch sections
- $\frac{1}{4}$ cup roasted unsalted sunflower seeds

Servings/Portionen	4
Cuisine/Küche	California
Total Time	

Directions/Zubereitung Prep

1. Hard boil the eggs, and set aside to cool. (Note: Eggs will keep their shape better when cut if boiled the day before and kept in the fridge until needed.)
2. Fry bacon until crispy, and set aside to cool.
3. Sear chicken in remaining bacon fat for a minute or so to lock in juices.
4. Lower the heat and allow chicken to slowly simmer in its own juices.
5. Do not allow chicken to become dry. Remove from heat as soon as it is cooked through.
6. While chicken is simmering, prepare salad ingredients.

Salad

1. In a large platter, add a layer of Arugula leaves, flattening them down slightly.
2. Add rows of corn kernels, garbanzo beans, tomatoes, artichoke hearts, etc. Aim for interesting color combinations, leaving prime spots for the chicken and eggs.
3. Slice chicken into long thin pieces cutting along the grain, and add a row of chicken to the salad.
4. Peel and slice the eggs, and add a row or two of eggs to the salad.
5. Sprinkle crumbled Feta and chopped bacon over top.

Vinegarette Dressing

1. In a small wide-mouth jar, add the vinegar, mustard, honey, salt, pepper, and a little water.
2. Cap and shake well.
3. Taste and adjust.
4. Add olive oil equal to no more than $\frac{1}{4}$ the total mixture.
5. Cap, shake well, taste, and adjust.
6. Shake again before serving.