

Farm Market Recipe



Cobb Salad with Herb-Rubbed Chicken

Ingredients:

Chicken

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon dried rosemary
- ½ teaspoon ground pepper
- ¼ teaspoon kosher salt
- 2 (8 ounce) boneless, skinless chicken breasts, trimmed

Vinaigrette

- ⅓ cup extra-virgin olive oil
- ¼ cup lemon juice
- 2 teaspoons champagne vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper

Salad

- 6 cups baby kale
- 2 medium ripe avocados, sliced
- 2 large hard-boiled eggs, sliced
- 2 slices cooked bacon, crumbled
- ½ cup crumbled feta cheese
- 10 strawberries, quartered

Directions:

1. Preheat grill to medium-high.
2. To prepare chicken: Combine 1 tablespoon oil, garlic powder, thyme, oregano, rosemary, ½ teaspoon pepper and ¼ teaspoon salt in a small bowl. Rub the mixture over chicken.
3. Oil the grill rack. Grill the chicken until an instant-read thermometer inserted in the thickest part registers 160° F, 5 to 6 minutes per side. Transfer the chicken to a clean cutting board and let rest for 10 minutes. Slice.

continued on the back

4. To prepare vinaigrette: Whisk oil, lemon juice, vinegar, salt and pepper in a small bowl.
5. To assemble salad: Arrange kale, avocados, eggs, bacon, feta, strawberries and the chicken on a large platter. Serve with the vinaigrette.

Nutrition Facts:

Servings: 4 Serving Size: 2 cups

Per Serving: calories 412; protein 23g; carbohydrates 11g; dietary fiber 6g; sugars 2g; total fat 32g; cholesterol 117mg; calcium 197mg; iron 2mg; sodium 470mg.

Recipe from eatingwell.com