

Plate Dream

Cobb Salad Recipe – High Protein

High-protein Cobb Salad with grilled chicken, avocado, turkey bacon, eggs, and cheese – a fresh, satisfying, healthy dish.

15 min	20 min	35 min
Prep time	Cook time	Total time

Ingredients

Main Ingredients

- [ ] 2 boneless, skinless chicken breasts, grilled and sliced
- [ ] 4 slices turkey bacon, crisped and crumbled
- [ ] 2 ripe avocados, diced
- [ ] 4 hard-boiled eggs, quartered
- [ ] 2 cups mixed greens (romaine, iceberg, spinach)
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cup blue cheese or sharp cheddar, crumbled
- [ ] ¼ cup red onion, thinly sliced

Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp honey
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Season the chicken breasts with salt and pepper, then grill over medium-high heat for 5-6 minutes per side, or until cooked through. Let rest, then slice thinly.
2. Cook turkey bacon in a skillet over medium heat until crisp; drain on paper towels and crumble.
3. Prepare the dressing by whisking together olive oil, honey, Dijon mustard, lemon juice, salt, and pepper in a small bowl.
4. Assemble the salad: lay mixed greens on a platter, arrange chicken, bacon, avocado, eggs, tomatoes, onion, and cheese in rows.
5. Drizzle the honey-mustard dressing over the top, toss gently if desired, and serve immediately.

Nutrition per serving

420 kcal	30 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the grilled chicken rest before slicing to retain juices.
- Crisp turkey bacon on low heat to avoid over-burning.
- Add dressing just before serving to keep lettuce crisp.