

Cain's Corner

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Nutrition Tips from USAPEEC's
Registered Dietitian



cobb salad

I'd argue there's no better way to eat the rainbow than with a cobb salad. Packed with protein and fresh produce, this classic is a simple meal to toss together when pinched for time. It's also a great opportunity to make your own salad dressing - an easy hack that saves you of the sodium often found in pre-made dressings!

2 cups cooked **chicken**, pulled
3 **eggs**, hard-boiled
6 slices **duck bacon**, cooked
4 cups greens
1 cup cherry tomatoes, halved
1 avocado, sliced
3 green onions, chopped

Dressing:

1/4 cup olive oil
2 Tbsp vinegar
1 Tbsp dijon or grainy mustard
1/4 tsp salt
1/8 tsp ground black pepper
1 garlic clove, minced

- 1) Assemble chicken, sliced eggs, chopped duck bacon, tomatoes, and avocado over greens.
- 2) Separately, whisk dressing ingredients together.
- 3) Drizzle dressing over the salad then garnish with green onions.
- 4) Toss and enjoy!



Did you prepare this dish? E-mail a photo to mcain@usapec.org to be featured on USAPEEC social media!

