AMERICAN · LUNCH · DINNER

Chicken Cobb Salad with Balsamic Vinaigrette

30 min · Serves 6 · 371 kcal a serve · Video 8:27 · Natashas Kitchen

Gluten-free ingredients · No nuts listed

A platter salad with about 27 g protein and under 5 g net carbs a serve, most of its fat coming from olive oil and avocado, and rich in vitamin K, selenium and vitamin B6.

Diet notes: Keto (4.6 g net carbs a serve).

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Ingredients 15 · SERVES 6

- [ ] 6 oz (6 slices) **bacon**, chopped and browned
- [ ] 1 medium head **romaine lettuce** (about 5–6 cups chopped)
- [ ] 2 large cooked **chicken breasts** (from a rotisserie chicken), sliced
- [ ] 2 large **hard-boiled eggs**, quartered
- [ ] 1 large **avocado**, sliced
- [ ] 1 cup **cherry tomatoes**, halved
- [ ] ½ cup thinly sliced **red onion**
- [ ] ½ cup crumbled blue cheese (Gorgonzola) or feta
- [ ] 2 tbsp chopped **parsley or chives** (optional)
- [ ] ⅓ cup extra **virgin olive oil**
- [ ] 3 tbsp **balsamic vinegar**
- [ ] 1 tbsp **Dijon mustard**
- [ ] 1 **garlic** clove, pressed
- [ ] ¼ tsp **salt**
- [ ] ⅛ tsp **black pepper**

Allergens found in the listed ingredients: Egg, Milk, Mustard, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cook the chopped bacon in a pan over medium heat until golden and crisp, then lift it onto a plate to cool. 0:21
2. Chop, wash and spin-dry the romaine and spread it over a large platter. 0:47
3. Slice the chicken into bite-size strips, quarter the eggs, halve the tomatoes, thinly slice the red onion and slice the avocado. 1:35
4. Arrange the chicken, eggs, tomatoes, onion and avocado over the lettuce in rows or little piles, then scatter over the bacon, blue cheese and parsley. 3:36
5. Shake the olive oil, balsamic vinegar, Dijon, pressed garlic, salt and pepper in a jar until creamy, and drizzle it over the salad just before serving. 4:22

> **Tip** The cook's card counts 6 side-salad portions; as a main it feeds about 4. Undressed, it keeps well in the fridge for meal prep — add the dressing just before eating. Feta works instead of blue cheese.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
371 kcal	27 g	7.8 g
1,550 kJ	53% of a day	4.6 g net · 3.2 g sugars
		3% of a day

FIBRE	FAT	SODIUM
3.2 g	26 g	470 mg
11% of a day	6.4 g saturated	20% of a day
	33% of a day	

Energy from net carbs 5% · protein 30% · fat 65% — fits keto: 4.6 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin K 68% · Selenium 51% · Vitamin B6 33% · Vitamin A 29% · Folate 25% · Vitamin B12 25%

Source of (10–19%) Vitamin E 19% · Zinc 15% · Omega-3 15% · Potassium 12% · Vitamin C 11% · Iron 10% · Magnesium 10%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=CAplNDqxqq4, published 17 January 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chicken-cobb-salad-balsamic