

# Cobb-Style Salad with Mustard-Crusted Grilled Chicken

From a Phillis Carey cooking class, July 2011

Internet Address:



*All the trappings of Cobb, but made with grilled chicken.*

## CHICKEN:

2 tablespoons mayonnaise

1 teaspoon Dijon mustard

Coarse salt and freshly ground black pepper

4 pieces boneless skinless chicken breast halves

## DRESSING:

3/4 cup extra virgin olive oil, plus 2 tablespoons

1/4 cup sherry vinegar

2 teaspoons lemon zest, grated

1 teaspoon sugar

1 teaspoon fresh garlic, minced

1/2 teaspoon Dijon mustard

1/2 teaspoon coarse salt

1/4 teaspoon Worcestershire sauce

1/2 teaspoon fresh ground black pepper

## SALAD:

2 heads butter lettuce, trimmed, torn into bite-sized pieces

1 1/2 cups fresh parsley, torn into small pieces

3/4 cup mint leaves, torn into pieces if necessary

3 large avocados, cubed

2 1/2 cups cherry tomatoes, grape tomatoes if you can find them, halved

1 cup blue cheese, Point Reyes Original Blue, if possible

1/2 cup pine nuts, toasted

12 slices bacon, cooked until crispy, drained

1/3 cup fresh chives, sliced 3/4 inch long

## Servings: 6

*Nutrition info assumes you use all the dressing, and you will not do so.*

1. **CHICKEN:** Preheat outdoor grill. Trim chicken and pound the thicker end to an even 1/2 inch thickness. In a small mixing bowl combine the mayo, mustard, salt and pepper. Add the chicken and toss to coat both sides. Grill until cooked through, about 4-5 minutes per side. Allow to cool briefly, then cut into 3/4 inch cubes.

2. **DRESSING:** Place all ingredients in a glass measuring cup or jar with a tight-fitting lid and whisk or vigorously shake to combine. Use immediately or store up to 3 days in the refrigerator. Shake well before using.

3. **SALAD:** Set 6 large dinner plates on your counter. Combine in a large bowl the avocados, tomatoes, blue cheese, pine nuts and chicken. Season with a little salt and pepper and toss with about 1/2 cup of the vinaigrette. Taste salad to see if you've added enough dressing. Mound the mixture in the center of each salad plate. Sprinkle on the bacon and chives and serve. Pass a bowl of the dressing on the side, if desired.

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Per Serving (excluding unknown items): 762 Calories; 65g Fat (74.4% calories from fat); 33g Protein; 17g Carbohydrate; 6g Dietary Fiber; 72mg Cholesterol; 748mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fruit; 11 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>