



Cobb Salad with Walnuts

For a Fresh Twist: Salad can also be arranged on a serving platter. Place lettuce onto the center of a platter, arrange the walnuts, avocado, tomatoes and egg in rows on either side of the lettuce. Sprinkle with blue cheese and drizzle with dressing.

Ingredients

1 tablespoon vegetable oil
1 pound boneless, skinless chicken breast halves
1/8 teaspoon salt
8 strips bacon, cut into 1-inch strips

1/2 cup extra-virgin olive oil
1/4 cup Whole Almonds
1 tablespoon Dijon mustard
1 tablespoon red wine vinegar
1 teaspoon dried oregano
2 medium heads romaine or 1 head iceberg lettuce
1 large avocado, cut into 1-inch cubes
1 pint cherry tomatoes, halved
4 large eggs, hardboiled, coarsely chopped
4 ounces blue cheese
1/2 cup Walnut Halves & Pieces, toasted and chopped

Directions

Cook the chicken breasts: Heat a medium skillet and add the oil. When the oil is very hot, season the chicken breasts with salt and add them to the skillet. Cover and cook for 15 to 20 minutes, turning every 4 minutes until internal temperature reaches 165°F. Reduce the heat to medium-low if the chicken is browning too quickly. Remove the chicken from the skillet and place on a flat surface to rest. Keep the chicken warm.

Make the dressing: In the bowl of the food processor, blend the olive oil, almonds, mustard, red wine vinegar, and oregano. Add the reserved bacon grease. Taste for seasoning.

Assemble the salads: Cut the romaine into 1-inch slices and place one quarter on each of four plates. Slice the chicken and arrange a few slices in a row on top of each of the four plates. Make a row each of avocado, tomato and chopped egg with a drizzle of dressing. Sprinkle with the blue cheese and walnuts. Top with any remaining dressing. Serve immediately.