



Eat Well

Asian Style Cobb Salad

Directions

Prepare the dressing by whisking together all ingredients in a small bowl; set aside. Assemble salad by placing greens in a large bowl; top with mandarin oranges, chicken, carrots, avocado, eggs, and green onion. Toss with dressing. Serve immediately.

Servings: 4

Nutrition information per serving:

Calories: 250, Fat: 14g, Protein: 8g,
Carbohydrates: 26g, Sodium: 160mg

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Source: NDSU extension

Ingredients

- » 5 cups chopped romaine lettuce or spinach
- » 1 (11oz) can mandarin oranges in juice, drained
- » 1/3 cup cooked chicken, shredded
- » 1/3 cup grated carrots
- » 1 avocado, halved, seeded, peeled, diced
- » 2 hard-cooked eggs, diced
- » 1/4 cup green onions, sliced

Sesame Vinaigrette Dressing Ingredients

- » 1/4 cup plus 2 Tbsp rice wine vinegar
- » 1 glove garlic, minced
- » 1 Tbsp sesame oil
- » 1 Tbsp sugar
- » 1 tsp ground ginger
- » 1 tsp soy sauce

