

## **Cobb Salad**

This Cobb salad is perfect for people who love their salad toppings! Full of different flavours and textures, it's a great meal option when you want a little bit of everything. The recipe makes 5 servings, making it ideal as a prep ahead weekday lunch to take to work or school. Feel free to use this recipe as a base and get creative with the toppings!

## Prep: 20 minutes • Total: 30 minutes

## **Ingredients:**

) mL
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mL.
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mL
) g
mL

## **Directions:**

- 1. Thaw edamame and corn in microwave according to package directions.
- 2. Cut hardboiled eggs into slices.
- 3. Assemble salad by dividing the spinach and toppings to 5 separate plates/containers.
- 4. Don't add ranch dip until ready-to-eat.

Nutri Serving Size Servings Pe	(300	0g)		cts	
Amount Per Se					
Calories 27	0 (	Jaioi			
			% Da	aily Value*	
Total Fat 12	g			18%	
Saturated Fat 4.5g			<b>23</b> %		
Trans Fat 0g					
Cholesterol 230mg 77					
Sodium 240mg				10%	
Total Carbohydrate 27g					
Dietary Fiber 5g				20%	
Sugars 7g					
Protein 18g					
Vitamin A 10	%	• \	/itamin (	C 40%	
Calcium 20%	6	•	ron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500					
Total Fat	Less		2,000 65g	2,500 80g	
Saturated Fat	Less	than	20g	25g	
Cholesterol	Less		300mg	300mg	

2,400mg

375g

2,400mg

300g

Less than

Fat 9 • Carbohydrate 4 • Protein 4

Sodium

Total Carbohydrate

Dietary Fiber
Calories per gram:

Makes 5 servings (300 g / serving) • 1 serving =  $\sim$  3 cups