



Cobb Salad: Double the Meat and Hold the Lettuce

READY IN



35 min.

SERVINGS



4

CALORIES



994 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 strips bacon thick sliced
- 0.3 pound cheese blue crumbled (recommended Maytag)
- 1 tablespoon dijon mustard
- 0.3 cup olive oil extra virgin for drizzling
- 2 pounds flank steak
- 3 cloves garlic finely chopped
- 2 tablespoons grill seasoning blend (recommended: Montreal Steak Seasoning by McCormick)
- 2 slightly under hass avocados – skinned dark firm ripe

- 2 tablespoons hot sauce
- 1 lemon zest juiced
- 4 tablespoons red wine vinegar
- 4 servings salt and pepper
- 8 pieces thin cut" chicken breast cutlets
- 2 bunches watercress trimmed roughly chopped
- 2 vine tomatoes ripe cut into wedges
- 4 tablespoons worcestershire sauce

Equipment

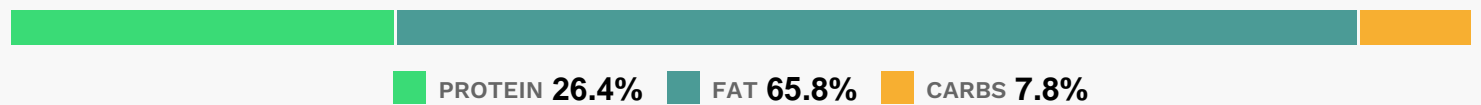
- bowl
- whisk
- mixing bowl
- grill
- grill pan
- cutting board

Directions

- Heat a grill pan or outdoor grill to high heat.
- Mix garlic, steak seasoning, hot sauce, Worcestershire sauce and vinegar.
- Whisk in the extra-virgin olive oil. Divide the mixture between 2 shallow dishes.
- Add the flank steak to one and the thin chicken cutlets to the other. Toss to coat all of the meats thoroughly and marinate for 5 minutes.
- While the flank steak and chicken are marinating, cut the avocados in half lengthwise cutting around the pit. Separate the halves then, using a spoon, scoop out the pit, then use the spoon to scoop the avocado from its skin. Chop the avocado flesh into bite size pieces add to a mixing bowl.
- Add the tomatoes, watercress and crisp chopped bacon. Dress the salad with the juice of 1 lemon and a generous drizzle of extra-virgin olive oil, salt and pepper.

- Grill flank steak 6 to 7 minutes on each side. Grill the thin cut chicken cutlets 3 to 4 minutes on each side.
- Remove both meats from the grill to a cutting board to rest for about 5 minutes. Thinly slice the flank steak on an angle, cutting the meat against the grain.
- Cut the chicken into thin strips.
- Add both meats to a platter or dinner plates. Top the meats with a mound of the salad. To make the dressing, combine in a small bowl the lemon zest and juice, Dijon mustard, salt, pepper, crumbled blue cheese, whisk in 3 tablespoons EVOO.
- Pour the dressing over the salad. Eat and enjoy the lack of lettuce getting in your way!

Nutrition Facts



Properties

Glycemic Index:67.69, Glycemic Load:2.52, Inflammation Score:-9, Nutrition Score:46.023043414821%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 994.31kcal (49.72%), Fat: 72.93g (112.2%), Saturated Fat: 22.36g (139.75%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 11.26g (4.09%), Sugar: 4.57g (5.08%), Cholesterol: 193.47mg (64.49%), Sodium: 1504.18mg (65.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.83g (131.66%), Selenium: 83.92µg (119.89%), Vitamin B6: 1.95mg (97.36%), Vitamin B3: 18.75mg (93.73%), Vitamin K: 88.27µg (84.06%), Phosphorus: 767.4mg (76.74%), Zinc: 11.15mg (74.33%), Potassium: 1816.33mg (51.9%), Vitamin B12: 2.74µg (45.75%), Vitamin C: 33.89mg (41.08%), Vitamin E: 6.14mg (40.95%), Vitamin B5: 3.86mg (38.6%), Vitamin B2: 0.64mg (37.76%), Iron: 6.52mg (36.23%), Folate: 142.02µg (35.51%), Calcium: 332.99mg (33.3%), Fiber: 8.19g (32.76%), Vitamin B1: 0.44mg (29.38%), Vitamin A: 1442.8IU (28.86%), Magnesium: 113.13mg (28.28%), Copper: 0.5mg (25.18%), Manganese: 0.49mg (24.34%), Vitamin D: 0.37µg (2.43%)