

## **Salad**

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# **Cobb Salad**

Lola Clifton - Vinton, VA

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**Servings: 6**

**1/4 cup red wine vinegar**

**2 teaspoons salt**

**1 teaspoon lemon juice**

**1 small clove garlic, minced**

**3/4 teaspoon coarsely ground pepper**

**3/4 teaspoon Worcestershire sauce**

**1/4 teaspoon sugar**

**1/4 teaspoon ground mustard**

**3/4 cup canola oil**

**1/4 cup olive oil**

**SALAD**

**6 1/2 cups torn romaine**

**2 1/2 cups torn curly endive**

**1 bunch (4 oz) watercress, trimmed and divided**

**2 cooked chicken breasts, chopped**

**2 medium tomatoes, seeded and chopped**

**1 medium ripe avocado, peeled and chopped**

**3 hard-cooked eggs, chopped**

**1/2 cup crumbled blue or Roquefort cheese**

**6 bacon strips, cooked and crumbled**

**2 tablespoons fresh chives, minced**

In a blender, combine the vinegar, salt, lemon juice, garlic, pepper, Worcestershire sauce, sugar and mustard. While processing, gradually add the canola and olive oils in a steady stream.

In a large bowl, combine the romaine, endive and half of the watercress. Toss lightly. Transfer to a serving platter.

Arrange the chicken, tomatoes, avocado, eggs, cheese and bacon over the greens. Sprinkle with the chives.

Top with the remaining watercress.

Cover and chill until serving.

Serve with the dressing.

Yield: 1 1/4 cups of dressing

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Per Serving (excluding unknown items): 409 Calories; 42g Fat (91.1% calories from fat); 6g Protein; 4g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 855mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 8 Fat; 0 Other Carbohydrates.