

part TWO
RECIPES

COBB SALAD

and Ranch Dressing

This salad is anything but boring; it's packed with flavour and protein, and topped with a delicious homemade ranch dressing.



Cobb Salad and Ranch Dressing



SERVINGS



PREP TIME



COOK TIME

Ingredients

Ranch dressing

125 mL (½ cup) 0% plain Greek yogurt

30 mL (2 tbsp) water

10 mL (2 tsp) white vinegar

2 mL (½ tsp) garlic powder

2 mL (½ tsp) onion powder

4 mL (¾ tsp) dried dill

2 mL (½ tsp) dried parsley

1 mL (¼ tsp) dried chives

1 mL (¼ tsp) black pepper

Pinch salt (optional)

7 mL (½ tbsp) lemon juice (about ¼ lemon)

Salad

1 can (540 mL/19 oz) chickpeas, drained and rinsed

22 mL (1½ tbsp) vegetable oil

2 mL (½ tsp) paprika

4 eggs

1 L (4 cups) lettuce, chopped

1 avocado, diced

250 mL (1 cup) tomatoes, diced

60 mL (¼ cup) diced red onion

125 mL (½ cup) corn

80 mL (⅓ cup) shredded lower fat cheddar cheese

Instructions

1. Prepare the ranch dressing: Combine Greek yogurt, water, white vinegar, garlic powder, onion powder, dill, parsley, chives, black pepper, salt (optional), and lemon juice together in a small bowl. Let sit for 10 minutes.
2. Preheat oven to 176°C (350°F), and line a baking sheet with aluminum foil.
3. Prepare the salad: Mix chickpeas together with vegetable oil and paprika. Bake for 20 to 25 minutes or until chickpeas are golden.
4. Place eggs in a small pot and cover with water. Bring to a simmer and cook for 10 minutes. Drain and cover with cold water to cool.
5. Once cool enough to handle, peel eggs, halve and set aside.
6. In the serving bowls assemble salad with lettuce on the bottom then top with avocado, tomatoes, red onion, corn, cheddar cheese, and two egg halves a bowl.
7. Drizzle with dressing and toss gently.



CHEF'S TIP

Dressing is a great dipping sauce for kid's lunchboxes. Just be sure to keep it cool.



KIDS IN THE KITCHEN

Get kids involved in making this recipe by washing and drying the greens, cracking and peeling the cooled eggs or measuring ingredients for the dressing.



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