

RECIPE | CUCUMBERS

COBB SALAD



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INGREDIENTS

- 1 lb Pure Flavor® Uno Bites™ Nano Cucumbers
 - 1 lb Pure Flavor® Juno® Bites Red Grape Tomatoes
 - 2 10 oz bags baby spinach
 - 4 large hard-boiled eggs
 - 1 cup mushrooms, sautéed
 - 1–2 avocados, sliced
 - ½ cup red onion, chopped
- Red Wine Vinaigrette:**
- ⅓ cup red wine vinegar
 - 1 tbsp Dijon mustard
 - 1 tsp maple syrup or honey
 - ½ cup extra virgin olive oil
- Blackened Chicken:**
- 1 lb boneless chicken breasts (3–4 pieces)
 - 1 tbsp olive oil (if needed)
 - ¾ tsp of cayenne pepper and paprika
 - ¾ tsp garlic powder
 - salt and pepper, to taste

DIRECTIONS

1. For blackened chicken combine paprika, garlic powder, cayenne pepper, sea salt and black pepper in a small bowl. Coat each chicken breast with the spice mixture.
2. Heat olive oil in a large skillet over medium heat. Cook chicken for about 6–7 minutes on each side, or until juices run clear. Remove chicken from skillet and let sit for 5 minutes to cool before slicing for the salad.
3. Divide the baby spinach among 4 plates. Arrange equal portions of chicken, hard-boiled egg, tomatoes, cucumber, mushrooms, red onion, and avocado on top of the greens.
4. Just before serving, blend vinaigrette ingredients together and top salad.



TOTAL TIME

25 minutes

PREP TIME

5 minutes

COOK TIME

20 minutes

SERVES

4

COOKING LEVEL

Easy