



Spring Cobb Salad



Ready in Serves **4 people**
 Calories **350** Serving **1.3 lb.**
 Carb **38g** Fiber **15g**
 Protein **24%**
 Fat **37%**
 Carb **39%**

Ingredients

- 2-3 Romaine Hearts
- 8 Eggs
- 4 Radish
- 4 medium Carrots
- 1 Red onion
- 1 bundle Asparagus
- 1 can Chickpeas
- ½ cup Dill weed
- 1 tbsp Shallot
- 1 Avocado
- 1 tbsp Dijon Mustard
- 2 tbsp Greek yogurt
- 1 Lemon
- Salt and Pepper to taste



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https://youtu.be/_31vevRZEPc

Preparation

1. **Fill a small pot with water and gently add the whole eggs.** Turn heat on high.
2. **Once the water has reached a rolling boil,** cover the pot with a lid. Remove the pot from the heat and start the timer for 15 minutes. Do not remove the lid until the timer is done.
3. **Using a colander rinse all of the vegetables,** fruit and chickpeas thoroughly with water.
4. **Cut the end off of the asparagus,** and then into 1½ inch pieces. Set aside.
5. **Add water to another small pot.** Or add a small amount of water and add a steamer to the pot. Place on high heat and bring water to a boil.
6. **Place asparagus in the second pot,** cover and allow to steam for about 5 minutes or until the asparagus is slightly soft.
7. **Chop the romaine lettuce,** and then set aside in a large bowl.
8. **Peel all the carrots.** Then use the peeler again to peel the whole carrot to make carrot ribbons.
9. **Cut the radish in half,** and then slice using a peeler.
10. **Cut the top off of the onion,** and then in half. Remove the outer layer. Cut into thin slices.
11. **Remove the eggs from the pot.** Gently crack the eggs and then place in a bowl of cold water. Gently remove the shells from the eggs. Cut all the eggs in half.
12. **In the large bowl** add carrots, radishes, onions, chickpeas and eggs.
13. **Cut the tip off of the shallot,** and then in half. Remove the outer layer. Cut into slices and then chop into pieces.
14. **In a food processor or blender,** add the shallots, dill weed, avocado, dijon mustard, greek yogurt, and lemon juice. Pulse until blended.
15. **When ready to serve** add the dressing to the salad and gently toss until evenly coated.