

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Turkey Cobb Salad

Adapted from *Great Food Fast*

You can mix and match the listed ingredients to create your own version of this main-course salad. You can use store-bought roasted turkey (look for one that is nitrate/nitrite free), but chicken also works well.

Serves 4

4 slices bacon (Look for one that is nitrate/nitrite free.)

3 tablespoons red-wine vinegar

2 tablespoons olive oil

1 teaspoon Dijon mustard

1 large head romaine lettuce, shredded

8 ounces roasted turkey breast, cut into $\frac{3}{4}$ -inch dice (2 cups)

$\frac{1}{2}$ ripe avocado, pitted, peeled, and cut into $\frac{1}{2}$ -inch dice

3 ounces blue cheese, crumbled ($\frac{3}{4}$ cup) (You can also substitute Feta Cheese, if you prefer.)

2 hard-cooked eggs, cut into $\frac{1}{4}$ -inch dice

2 plum tomatoes, cut into $\frac{1}{2}$ -inch dice

Coarse salt and fresh ground pepper

1. In a 10-inch skillet, cook the bacon over medium heat until crisp on both sides, 3 to 5 minutes. Transfer to a paper-towel-lined plate to drain. Let cool, then crumble bacon.
2. In a small bowl, whisk together the vinegar, oil, and mustard. Place the lettuce on a serving platter, and toss with the dressing. Arrange the remaining ingredients on the lettuce as desired, and season with salt and pepper.

Shredding lettuce: Discard the tough outer leaves, and cut the head in half lengthwise. With the cut sides down, thinly slice the halves crosswise until you reach the core.