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# Baja Cobb ··

The Baja Cobb is a delicious and hearty salad that combines the flavors of a traditional Cobb salad with a Mexican twist. It features fresh ingredients like avocado, corn, black beans, and grilled chicken, all tossed together with a tangy lime dressing. This salad is perfect for a light lunch or dinner and is sure to satisfy your cravings for both a Cobb salad and Mexican cuisine.

Recipe Type: Standard	Prep Time: 15 mins
Cook Time: 15 mins	Total Time: 30 mins
Recipe Yield: 500 grams	Number of Servings: 4
Serving Size: 125 g	

## Ingredients

400 g	grilled chicken breast
200 g	Romaine Lettuce
200 g	Avocado
150 g	Cherry Tomatoes

100 g	corn kernels
100 g	Black Beans
50 g	red onion
20 g	Cilantro
30 g	Lime
15 g	olive oil
5 g	salt
5 g	pepper

## Directions

### Step 1

Grilling

Grill the chicken breast until cooked through, then let it cool and slice it into strips.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Cutting

Wash and chop the romaine lettuce into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 3

Cutting

Peel and dice the avocado.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 4

Cutting

Cut the cherry tomatoes in half.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 5

Mixing

In a large bowl, combine the romaine lettuce, avocado, cherry tomatoes, corn kernels, black beans, red onion, and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins



Mixing

In a small bowl, whisk together the lime juice, olive oil, salt, and pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 7

Mixing

Drizzle the dressing over the salad and toss to coat.

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 8

#### Plating

Divide the salad into four bowls and top each with the grilled chicken strips.

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 9

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 350 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 25 g

## **Nutrition Facts**

### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)	
Protein	25 g	147.06%	147.06%	

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)	
Carbohydrates	25 g	45.45%	50%	
Fibers	10 g	26.32%	40%	
Sugars	5 g	N/A	N/A	
Lactose	0 g	N/A	N/A	

Fats

Nutrient	rient Value			
Monounsaturated Fat	10 g	N/A	N/A	
Saturated Fat	3 g	13.64%	17.65%	
Fat	20 g 71.43%		80%	
Cholesterol	60 mg	N/A	N/A	

## Vitamins

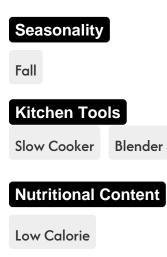
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)	
Vitamin A	150 iu	16.67%	21.43%	
Vitamin C	30 mg	33.33%	40%	
Vitamin B6	1 mg	76.92%	76.92%	
Vitamin B12	1 mcg	41.67%	41.67%	
Vitamin E	3 mg	20%	20%	
Vitamin D	0 mcg	0%	0%	

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)	
Sodium	400 mg	17.39%	17.39%	
Calcium	8 mg	0.8%	0.8%	

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)	
Iron	15 mg	187.5%	83.33%	
Potassium	800 mg	23.53%	30.77%	
Zinc	2 mg	18.18%	25%	
Selenium	20 mcg	36.36%	36.36%	

## **Recipe Attributes**



#### Cuisines

Italian Mexican

### Diet

Anti-Inflammatory Diet

### Meal Type

Lunch Brunch Dinner Snack Supper

## Events

Picnic

Course								
Salads	Sauces & D	ressings						
Cultural								
Chinese No	ew Year	Cinco de	e Mayo	Diw	vali	Hanukkah	Oktoberfest	
Passover	Ramada	n St. P	atrick's [	Day	Tha	nksgiving		
Difficulty	Level							
Medium								

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