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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

Step 6

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	Value	% Daily Intake (Males)	% Daily Intake (Females)
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

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Mexican

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Brunch

Dinner

Snack

Supper

Events

Picnic

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Difficulty Level

Medium

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