

## 3-A-Day™ of Dairy

### COLBY COBB SALAD

*Recipe created by 3-A-Day™ of Dairy*

Makes 6 servings (2 cups per serving, plus about 1/3 cup dressing)

Prep time: 20 minutes

#### Ingredients:

##### *For the dressing*

- 2 cups fat-free plain yogurt, divided
- 4 large basil leaves
- 1/4 cup parsley, stems removed
- 2 tablespoons chopped chives
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons fat-free mayonnaise
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon additional pepper (optional)

##### *For the salad*

- 8 cups chopped romaine lettuce (1 small head)
- 1/2 cup halved cherry or grape tomatoes
- 1/4 cup thinly sliced red onion
- 1 cup diced cucumber
- 2 slices cooked turkey breast, cut into strips
- 2 tablespoons bacon bits
- 1 egg, hard boiled and chopped
- 1 1/2 cups shredded Colby or Colby Jack cheese

##### *For the dressing*

Place 1 cup of yogurt, basil, parsley, chives, lemon juice, honey and pepper in a blender or food processor. Cover and pulse until smooth (dressing will be green in color). Pour yogurt mixture into a medium bowl; stir in remaining yogurt and mayonnaise until just blended; refrigerate until ready to serve.

Note: Dressing may be prepared up to 2 days ahead and stored in an airtight container in the refrigerator.

*For the salad*

Place lettuce at the bottom of a bowl and sprinkle the tomatoes, onion, cucumber, turkey, bacon bits, egg and Colby cheese on top. Just before serving, pour dressing over salad and toss lightly.

**Nutrition Facts per serving for main dish recipe:**

---

Calories	210
Total Fat	11 g
Saturated Fat	6 g
Cholesterol	70 mg
Sodium	350 mg
Calcium	35% Daily Value
Protein	16 g
Carbohydrates	14 g
Dietary Fiber	3 g