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## COMMENT

# Combine textures in a cobb salad

By Lori Gysel & Gerry Kentner  
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## What's Cookin

This is mom's photo today. Actually, about 90 per cent of the photos we put in the paper are mom's. We have a good relationship: she's primarily the recipe developer/photographer. I'm primarily the writer and administrator. Our husbands are the samplers (great job if you can get it!) Anyhow, I love this salad because it is so colourful and it is a great fridge-clean-out salad. All you need is a small handful of each item, depending on how many you are serving.

You can use up canned, jarred and frozen items too. Olives, pickles, capers, sundried tomatoes, or any other goodies that are taking up space in the door of your fridge work well. Frozen peas, corn, carrots, beans are fine. Canned beans and chick

peas are a nice addition. It's great to see different sizes and textures on the platter too.

Mom's got a lemon dressing on the recipe for you today, which is great. My favourite though is a blue cheese dressing. You can make a quick one by crumbling up about a half cup or so of blue cheese in a bowl. Mash in a few tablespoons of buttermilk. Then mix in a couple of tablespoons of sour cream, a squeeze of fresh lemon juice, salt and pepper. Mix well, then taste, then adjust the seasoning and add more blue cheese to suit your needs. Best to save some blue cheese to crumble on top as well.

Have fun and keep cooking!

### Cobb Salad

Serves 4-6

#### INGREDIENTS

- One half head leaf, iceberg, romaine lettuce (or combination)
- 3 hard cooked eggs, grated
- 2 cooked beets, chopped
- 1 carrot, peeled and grated
- 1 stalk celery, chopped
- 1 cup chopped radishes
- 1 cup chopped cucumber
- 2 small boneless chicken breasts, cooked and diced
- 1 cup frozen green peas, thawed
- 2 medium tomatoes, diced
- Lemon Dressing
- Juice and zest of 1 lemon
- 1 heaping tbsp Dijon mustard
- 1 tbsp honey
- 1 tsp kosher salt
- 1 tsp grated pepper
- 2 tbsp apple cider vinegar
- One third cup vegetable oil



One quarter cup plain yogurt (optional)

#### METHOD

1. Arranged chopped lettuces to cover serving platter. Use any amount needed to serve the number of guests.
2. In a colourful pattern, arrange all vegetables, eggs and chicken in rows across the lettuces.
3. In a small bowl, whisk together lemon zest, lemon juice, mustard, honey, salt, pepper, vinegar and yogurt. Once mixed, drizzle in oil slowly, whisking constantly to emulsify.
3. Drizzle salad with lemon dressing and serve.



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