

SALADS, SALAD DRESSINGS, AND RELISHES No.M 030 00

COBB SALAD

Yield 100

Portion 1 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 213 cal | 8 g | 9 g | 17 g | 57 mg | 351 mg | 85 mg |

Ingredient

| <u>Ingredient</u> | <u>Weight</u> | <u>Measure</u> | <u>Issue</u> |
|--------------------------|----------------------|-----------------------|---------------------|
| BACON,RAW | 5 lbs | | |
| LETTUCE,LEAF,FRESH,HEAD | 8 lbs | | 12-1/2 lbs |
| TOMATOES,FRESH,CHOPPED | 2-1/2 lbs | 1 qts 2-1/4 cup | 2-1/2 lbs |
| AVOCADO,FRESH,DICED | 3-1/8 lbs | 2 qts 1-1/2 cup | 4-1/2 lbs |
| ONIONS,FRESH,CHOPPED | 1-1/2 lbs | 1 qts 1/4 cup | 1-2/3 lbs |
| CHEESE,BLUE-VEINED | 1-7/8 lbs | 1 qts 2-1/4 cup | |
| EGG,HARD COOKED,CHOPPED | 1-7/8 lbs | 1 qts 2-3/8 cup | |
| CHICKEN,COOKED,DICED | 2-1/8 lbs | | |
| JUICE,LEMON | 2-1/8 oz | 1/4 cup 1/3 tbsp | |
| GARLIC FRENCH DRESSING | | 3 qts 1/2 cup | |

Method

- 1 Cook bacon until crisp; place cooked bacon on absorbent paper to eliminate excess fat. Chop bacon.
- 2 Trim, wash and prepare vegetables. Tear lettuce into pieces. Place 3/4 cup lettuce into each individual salad bowl.
- 3 Place 1 tablespoon blue cheese in the center on top of lettuce.
- 4 Arrange following ingredients around cheese in separate wedge-shaped sections: 1 tablespoon each of bacon, tomatoes, eggs, and chicken; 1-1/2 tablespoons avocado (toss avocado in lemon juice to prevent darkening); and 2 teaspoons onions.
- 5 CCP: Cover; refrigerate at 41 F. or lower.
- 6 Serve with Garlic French Dressing (Recipe No. M 060 00).