Chopped: Cobb Salad

Prep Time: 20 min  Cook Time: 15 min  Yield: 3

Ingredients:
- 1 fresh Corn, w/ husk
- 2 Eggs, boiled + enough Water to cover
- 6 slices of Bacon
- 1.5 head of Romaine, washed, thinly sliced
- 2 Roma tomatoes, diced
- 1/2 Avocado
- 3 slices of Deli Ham, diced
- 1/8 Red Onion, diced
- 1/4 cup Blue cheese, crumbled
- 1 Green onion stalk

Instructions:
1. Microwave the corn (w/ the husk on) for 5-7 minutes. Flip and microwave for 3 more minutes. Rest it on the counter for a few minutes. (At home microwave for 4 minutes/ear of corn, one at a time)
2. Use a knife to cut the bottom end off, and firmly squeeze the corn out of the husk. Cut off the corn kernels.
3. Place the eggs in a pot of water. Bring to a boil, take off the heat and let rest for 17 min.
4. Carefully pour the hot water in the sink. Run tap water over the eggs, and cool for 5 minutes. Peel and chop into small squares or rounds.
5. Layer the bacon on a sheet of paper towels, cover with two more paper towels, and microwave for 3 min, or until crispy. Let cool, then crumble with hands.
6. Cut the ends off the romaine heads, and wash thoroughly. Gather the romaine leaves and cut across into thin strips. Repeat with the rest of the romaine.
7. Cut the tomato into slices, and cut the slices into small squares.
8. Cut the avocado in half - cutting around the pit. Scoop out one half, cut crisscross lines through the flesh
9. Thinly slice the green onion.
10. Cut the red onion and ham into small squares.
11. Plate ingredients like in the picture or as desired. Don’t forget the blue cheese! Enjoy w/ your favorite dressing or no dressing at all!

Eggs are one of the best sources of high quality protein.

Protein is important for creating structure in muscle tissue, regulates many aspects of energy metabolism, and can even be a source of energy.

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