

Carolina Gold Cobb Salad

The highest-protein recipe in our manual. Almond-crusted chicken, eggs, and crisp vegetables, finished with Carolina Gold sauce.

SERVES	ACTIVE TIME	HEAT	SKILLS
2	15 minutes	Air fryer or oven, 400°F	Dredging · Knife cuts · Composed plating

INGREDIENTS

ALMOND-CRUSTED CHICKEN

- 1 chicken breast fillet
- ½ cup almond flour
- To season: paprika, allspice, thyme, basil, onion powder, black pepper

THE SALAD

- 2 cups butter lettuce blend
- 4 eggs, hard-boiled
- 1 tomato, diced
- 4 mini cucumbers, sliced
- 4 mini sweet peppers, sliced
- ½ red onion, sliced
- 2 oz turkey lunch meat, diced

TO FINISH

- Aged cheddar, to sprinkle
- Ranch dressing, low-fat or yogurt-based
- Carolina Gold sauce, or honey mustard

PER SERVING

533	53g	17g	28g	5g
CALORIES	PROTEIN	CARBS	FAT	FIBER

METHOD

- 1 Make the coating.**
Slice the chicken into strips or cutlets and pat them dry. Mix the almond flour with all of the seasonings.
- 2 Crust and cook the chicken.**
Press each piece firmly into the flour mix so the coating holds. Air fry or bake at 400°F for 8 to 12 minutes, flipping once, until it reaches 165°F inside.
- 3 Prep the toppings.**
Dice the tomato. Slice the cucumbers, sweet peppers, and red onion. Dice the boiled eggs and the turkey.
- 4 Compose the salad.**
Spread the lettuce across a platter. Arrange the vegetables, eggs, turkey, and chicken on top, each in its own place.
- 5 Finish.**
Sprinkle with aged cheddar. Drizzle ranch and Carolina Gold sauce over the top, or serve them on the side.

CHEF'S NOTES

Protein from four places. Chicken, eggs, turkey, and cheese add up to 53 grams per serving, with all nine essential amino acids. This isn't just a salad. It's a recovery meal.

Eggs feed your brain. They supply choline, which supports memory and brain function.

Scaling: ×3 for a group of 6 · ×12 for all four groups (24). Spices come from the class spice pantry.