

Studio 5

Friday, May 25, 2007

“Colby Cobb Salad w/Creamy Herb Dressing”

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Dairy Farmers of Utah

Ingredients:

- 2 cups fat-free plain yogurt, divided
- 4 large fresh basil leaves
- 1/4 cup fresh parsley leaves
- 2 tablespoons chopped fresh chives
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1/2 teaspoon ground black pepper, divided
- 2 tablespoons fat-free mayonnaise
- 1/2 teaspoon salt, optional*
- 8 cups chopped romaine lettuce (1 small head)
- 1/2 cup halves 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 cooked bacon bits
- 1 hard boiled egg, chopped
- 1 1/2 cups shredded Colby or Colby Jack cheese

Method:

Prepare dressing – Place 1 cup yogurt, basil leaves, parsley, chives, lemon juice, honey, 1/8 teaspoon black pepper and optional salt in blender or food processor. Cover and pulse until smooth (dressing will be green in color). Pour dressing mixture into a medium bowl; stir in remaining 1 cup yogurt and mayonnaise just until blended; refrigerate until ready to serve.**

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

Notes:

Cool salads are the perfect addition to summer time meal. This recipe was created by 3-A-Day™ of Dairy. For additional 3-A-Day recipes, go to www.3aday.org As a main dish, recipe serves 6; as a side dish, recipe serves 10-12.

* Adding optional salt will increase sodium to 550 mg per serving.

** Dressing maybe prepared and refrigerated for up to 2 days in advance.

For nutrition analysis go to www.dairycouncilutnv.org

Nutrition Facts	
Serving Size 2 cups	
Servings Per Container 6	
Amount Per Serving	
Calories 220	Calories from Fat 100
%	
* Daily Value*	
Total Fat 11g	17%
Saturated Fat 6g	32%
Cholesterol 80mg	27%
Sodium 360mg	15%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	6%
Sugars 7g	
Protein 19g	
Vitamin A 50%	Vitamin C 40%
Calcium 35%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	