

# Chef's Salad

Tonight the “King of American Salads” wears a crown of sliced hardboiled egg. We’re talking about a Chef’s Salad. We’ll continue to take advantage of the abundance of the harvest season in the process by adding some shredded purple and Napa cabbage to the mix. The “cold cuts” consist of plant-based ham slices and thin-sliced Chick’n strips.

The salad is served with a creamy basil dressing and a choice of seasonal fresh fruit.

**Preparation time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates or in bowls. The meal will be easy to prepare when everything you need is at your fingertips. When prepping veggie ham slices, simply roll the slices and cut them into thin strips with a pair of kitchen shears.

### Chef's Salad

2 eggs  
10-12 leaves red or green leaf lettuce  
2/3 C. red bell pepper (cut into thin slices)  
12-16 slices cucumber  
3 green onions (chopped)  
1/3 C. purple cabbage (shredded)  
1/3 C. Napa cabbage (shredded)  
2/3 C. fresh fennel (shredded)  
8 cherry tomatoes (halved)

### Plant-based Chick'n Strips

1 tsp. olive oil  
10 Chick'n strips  
1/4 C. white wine  
2 Plant-based Yves ham slices (sliced)

### Creamy Basil Dressing

1 whole garlic clove (peeled)  
2 T. onion (finely-chopped)  
1/4 C. chopped fresh basil  
pinch of salt  
1 T. rice wine vinegar  
1 T. olive oil  
3/4 C. nonfat yogurt  
1/2 tsp. Dijon mustard

### Remaining Items

2 artisan rolls (warmed)  
1 peach or nectarine (cored and sliced)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by boiling eggs. Bring 2 C. water and a pinch of salt to a hard boil in a saucepan. Lower eggs into boiling water, reduce heat to medium-low, cover pan and boil for 11 minutes. Drain hot water and refill the pan with cold water. Leave eggs in cold water until ready to use.

### Plant-based Chick'n strips

Brown Chick'n strips in oil and add 1/4 C. white wine to the pan. Toss until wine disappears. Remove from heat. When cool enough to handle, slice lengthwise before placing on salad.

### Artisan Rolls and Chef's Salad

#### Artisan Rolls:

About 10 minutes before you wish to dine, wrap rolls in foil and warm in a 250° oven.

#### Chef's Salad:

1. Break up lettuce and divide between two large dinner plates.
2. Arrange vegetables over lettuce.
3. Peel and slice eggs. Fan 1 sliced egg over each salad.
4. Divide sliced "ham" and Chick'n strips between plates.

### Creamy Basil Dressing/Serve

#### Creamy Basil Dressing:

Blend all salad dressing ingredients in a food processor until smooth and creamy. Transfer to a small pitcher for serving.

Serve salads with warmed rolls and dressing on the side.

### What I've Learned from this Recipe

You can always opt for a commercial salad dressing of choice. I make my own because I like to know what's in it. Commercial dressings usually have a high sodium content and various artificial fillers, so homemade's always a good bet.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)