

# Vegan Cobb Salad- with Chicken

## Ingredients:

lettuce, torn into pieces

tomatoes, diced

green onions, chopped

garbanzo beans (chick peas), drained and rinsed

green beans, stemmed and chopped into bite sized pieces

asparagus, chopped into bite sized pieces

sunflower seeds

avocado, sliced

quinoa, cooked (video for how to cook quinoa here)

cucumbers, peeled and chopped

Garlic Herb Chicken, cut into strips

Briana's Blush Wine Vinaigrette salad dressing (found at most grocery stores)

water and salt

## Directions:

Most of the vegetables in this salad are served raw, but we are going to blanch the asparagus and green beans. To blanch the vegetables, bring a pot of water to boil with a tsp or so of salt. While the water is coming to a boil, fill a large bowl with water and ice. Set to the side.

Once the water is boiling, put the asparagus and green beans into the boiling water. You are only going to get them cook for 2-3 minutes. You want them just a little tender and to keep their bright green color. Immediately strain water out of the asparagus and green beans out of the pot. Put the vegetables into the bowl of ice water to cool.

If you need to cook your quinoa and chicken, do that now.

Now all you have to do is assemble your salad!! Grab your lettuce and top with tomatoes, avocado, cucumbers, green onions, sunflower seeds, garbanzo beans, asparagus, green beans, quinoa, and chicken. Drizzle with Briana's Blush Wine Vinaigrette.

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