



# Recipes for Success



## Chopped Chef Salad

Shawn's family has been eating this salad for years because it's easy to make and nutritious. To show off the colourful layers of chopped, diced and sliced ingredients, prepare the salad in a glass bowl.

**Serves:** 6  
**Time to prepare:** 20 min

### Ingredients:

6 cups (1.5 L) chopped or torn lettuce greens  
1 medium carrot, thinly sliced  
1 large tomato, diced  
1 medium cucumber, sliced and slices cut in half  
1/2 cup (125 mL) diced onion  
7 oz (200 g) chopped cooked turkey  
1/4 cup (60 mL) olive oil  
2 tbsp (30 mL) lemon juice  
1/2 tsp (2.5 mL) oregano  
1/8 (0.5 mL) salt  
Pinch pepper  
2 tbsp (30 mL) grated Parmesan cheese  
4 eggs, hard-cooked and peeled



### Instructions

- **STEP 1:** Place lettuce evenly on bottom of medium bowl (about 3 qt/3 L). Top with layers of carrot, tomato, cucumber, onion and turkey.
- **STEP 2:** Whisk oil, lemon juice, oregano, salt and pepper in small bowl. Drizzle over top of salad. Sprinkle Parmesan cheese evenly over top.
- **STEP 3:** Cut eggs into quarters. Place on top of salad.
- **STEP 4:** To serve salad, scoop down to bottom of bowl to reach all the layers.

### Tips:

- Instead of turkey, use chicken, ham or bacon. Or substitute additional vegetables such as celery, sweet pepper, mushrooms or zucchini. Try shredded or cubed Cheddar, Havarti, Swiss or Monterey Jack cheese in place of Parmesan.
- Substitute 1/3 cup (75 mL) of your favourite dressing for the oil and lemon juice mixture

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