

Vegetarian Cobb Salad

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Skillet
Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
2 Eggs

5 MEEZ CONTAINERS

Cauliflower "Bacon"
Crumbles
Romaine & Spinach
Red Pepper
Lemon Chive Dressing
Blue Cheese

INGREDIENTS: Romaine, Spinach, Cauliflower, Red Bell Pepper, Blue Cheese, Mayonnaise, Chive, Tamari, Lemon, Chipotles in Adobo, Maple Syrup, Vinegar, Brown Sugar, Liquid Smoke, Black Pepper, Paprika

Good to Know

Health Snapshot per serving (serves 1)

280 Calories, 18g Fat, 17g Protein, 6 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

meezmeals

1. Hard-boil the Eggs

Place 2 eggs in a saucepan and cover with cold water by one inch. Cover and bring to a boil over high heat. When the water is boiling, remove from the heat, cover and let the eggs sit in the hot water for 15 minutes.

2. Make the Cauliflower "Bacon" Crumbles

While the eggs are sitting, heat 1 Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the **Cauliflower "Bacon" Crumbles** to the pan and sauté until they start to crisp and all the sauce is evaporated, about 3 minutes. Remove from the heat and set aside to cool.

3. Build the Salad

When finished, run the hardboiled eggs under very cold water, peel and cut into small ¼" to ½" cubes.

Combine the **Romaine & Spinach**, **Red Pepper**, cauliflower "bacon" crumbles, chopped egg and **Lemon Chive Dressing** in a large mixing bowl and toss.

Top with **Blue Cheese** and enjoy!

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois