

Mediterranean Salad a la Cobb

yield: 4 portions

Note:

- + If you're unbothered by the moisture in the squash (or simply short on time), you can omit the salting & patting dry. Just cut the squash, mix with seasonings & oils, & pop it straight into cooking.
- + Any leftover Tahini-Lemon Vinaigrette can be used to make hummus.

Make It Easy: Present this meal as Assemble-Your-Own. Simply set out the components & let people build their own plates.

Even Easier: Use store-bought hard-boiled eggs.

Components:

2 heads large romaine lettuce, chopped
 2 ea large tomatoes, large dice
 4 x 4 oz *Lightly Roasted Chicken Breasts*, large dice
 6 ea hard-boiled eggs, cut into quarters
 1.33 c kalamata olives, halved (or left whole...up to you)
 2 c *Marinated Cucumbers*
 2 c *Crunchy Chickpeas*

1.33 c Roasted Yellow Squash:

- + 2 ea medium yellow squash, unpeeled, sliced lengthwise into 3/4" pieces
- + kosher salt, to draw out moisture (~ 1 - 2 T)
- + 1/2 tsp smoked paprika
- + 1/2 tsp garlic powder
- + 1/2 tsp onion powder
- + 1/2 tsp herbes de Provence
- + 1/2 tsp orange zest
- + avocado oil, to coat

Tahini-Lemon Vinaigrette:

- + 1/2 c tahini, well stirred
- + 4 T lemon juice
- + Zest of 1 lemon
- + 4 T red wine vinegar
- + 3 T avocado oil
- + 3 T honey
- + salt & pepper, to taste
- + 3 cloves garlic, minced (~1.5 - 2 tsp)
- + 3 T toasted sesame oil

Directions:

Crosshatch the yellow squash & sprinkle with kosher salt. Set aside at room temperature for about 15 minutes to draw out moisture (this helps prevent sogginess).

After 15 minutes, pat the squash with paper towels to absorb the beaded moisture. Dice into large chunks & toss in a bowl with the remaining roasted squash ingredients.

Cook the squash using one of two methods:

- + Spread evenly on a sheet tray & broil or roast at a very high temperature until desired doneness.
- + Cook in an air fryer (my preferred method).

While the squash is cooking, make the vinaigrette. Whisk together tahini, lemon juice, zest, vinegar, honey, & garlic in a mixing bowl. Once well blended, slowly pour in the oils in a steady stream while whisking continuously until emulsified. Season with salt & pepper. Set aside.

Once the squash is cooked, remove from heat & let cool slightly.

Assemble the salads by dividing the ingredients among four serving dishes. Serve with vinaigrette on the side.