

Decision Day 3 (Lunch)

Delray Decision Cobb Salad (serves 4)

3 Cups mixed greens
6 eggs (whites only)
1 C firm tofu (cut into large chunks)
1 turkey breast
1/2 red onion sliced thin
3/4 cup chopped cucumber (skin on)
1 C cherry tomatoes, halved
1 avocado
1 tsp. grain mustard
1 orange - juiced
1 T fresh parsley and basil
2 T olive oil
Salt and Pepper to taste

1. Place eggs in small sauce pot and fill with water 1 inch above eggs. Bring to a boil, reduce to a simmer and cook for 8 minutes. Remove from the heat, strain and run under cold water until cool.
2. Once cold, peel and discard the yolks, keep only the whites.
3. Heat oven to 350 degrees. Place turkey breast, skin side down, on a baking tray and season with salt and pepper. Place in oven and cook for 40 minutes or until firm and fully cooked (internal temperature should read 170 - 180 degrees Celsius). Allow turkey breast to cool, remove and discard skin and carefully remove meat from bone.
4. Cut avocado in half, remove pit and scoop out flesh, cut each half in large chunks.
5. Place greens, shredded turkey, tomato, red onion, tofu, cucumber and avocado in a bowl. Toss gently. TASTE.
6. Combine mustard, herbs, juice and olive oil. TASTE and dress salad.