

Helergon Kitchen

# Easy Classic Chef Salad

Classic chef salad with fresh veggies, turkey, cheese, and boiled eggs—a quick, wholesome meal.

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| **15 min**<br>Prep time | **15 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | |

## Ingredients

### Main Ingredients

- [ ] 6 cups romaine lettuce, chopped
- [ ] 1 cup cooked turkey breast, sliced
- [ ] 2 hard-boiled eggs, sliced
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cup cheddar or Swiss cheese, cubed
- [ ] ¼ cup red onion, thinly sliced
- [ ] ¼ cup cucumber, diced

### Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] ½ tsp honey
- [ ] Salt and freshly ground black pepper to taste

## Instructions

1. Wash and spin-dry the lettuce; place it in a large bowl.
2. In a small bowl, whisk together olive oil, lemon juice, mustard, honey, salt, and pepper to create a light vinaigrette.
3. Pour the dressing over the lettuce and toss gently until evenly coated.
4. Arrange the turkey, cheese, tomatoes, cucumber, onion, and sliced eggs on top of the dressed lettuce.
5. Finish with a pinch of pepper and serve immediately, perhaps alongside a cool cucumber caprese salad.

### Nutrition per serving

| 320 kcal | 24 g | 12 g | 18 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If using leftover turkey, make sure it’s reheated gently to avoid a cold center.
- The dressing can be prepared a day ahead; store in the refrigerator and shake before using.
- For extra brightness, add a splash of apple cider vinegar to the vinaigrette.