

Chef Salad

A hearty main-meal salad that brings together crisp lettuces, classic deli meats, cheese, tomatoes, cucumbers, and seasoned croutons. Finish with your favorite dressing.

Course	Salad	Cuisine	American
Prep Time	10 minutes	Servings	4
Calories (per serving)	371 kcal		

Ingredients

For the Salad

- 1 medium head romaine lettuce, chopped
- 2 to 3 cups iceberg lettuce, chopped into bite-size pieces
- 4 hard-boiled eggs, peeled and quartered lengthwise
- 4 slices crispy cooked bacon
- 4 ounces deli-style sliced Swiss cheese, cut into julienne strips
- 4 ounces deli-style sliced ham, cut into julienne strips
- 4 ounces deli-style sliced turkey, cut into julienne strips
- 1 cup sliced English cucumber (about one-third of an English cucumber)
- 1 cup halved grape tomatoes
- 1 cup seasoned croutons

For Serving

- $\frac{2}{3}$ to 1 cup salad dressing (ranch, chipotle ranch, avocado ranch, bleu cheese, Italian, or honey mustard)
- Kosher salt, to taste
- Freshly ground black pepper, to taste

Instructions

1. Add the romaine and iceberg lettuce to a large serving bowl.

2. Top the lettuce with the eggs, bacon, Swiss cheese, ham, turkey, cucumbers, tomatoes, and croutons.
3. Drizzle with your chosen dressing and toss gently to coat. Season with kosher salt and freshly ground black pepper to taste. Serve immediately.

Ingredient Notes & Substitutions

- **Lettuce:** Romaine is sturdy and holds up well; iceberg adds crunch. Use either or a mix.
- **Eggs:** Steam or pressure-cook eggs for easy peeling.
- **Meat:** Bacon, ham, and turkey are classic; chicken or roast beef also work well.
- **Cheese:** Swiss, cheddar, bleu, mozzarella, or provolone are all good choices.
- **Cucumber:** English cucumbers have tender skins and usually don't need peeling. If using regular cucumbers, peel before slicing.
- **Tomatoes:** Grape, cherry, Campari, heirloom, or any ripe, sun-kissed tomatoes are great.
- **Croutons:** Homemade croutons elevate the salad significantly.
- **Dressings:** Ranch and bleu cheese are classic; thousand island, Italian, creamy poppyseed, avocado ranch, and honey mustard vinaigrette also pair well.

Preparation Tips

- Add-ins: olives, pepperoncini, avocado, red onion, and carrots all fit naturally.
- Make-ahead: assemble up to 1 day in advance without croutons or dressing. Cover tightly and refrigerate; add croutons and dressing just before serving.
- Customize: this salad is flexible—adjust meats, cheeses, and vegetables to suit your taste.

Nutrition (Per Serving)

Calories	371 kcal	Carbohydrates	15 g
Protein	21 g	Fat (total)	25 g
Saturated Fat	8 g	Polyunsaturated Fat	6 g
Monounsaturated Fat	8 g	Trans Fat	0.03 g
Cholesterol	233 mg	Sodium	833 mg
Potassium	448 mg	Fiber	2 g
Sugar	7 g	Vitamin A	1541 IU
Vitamin C	8 mg	Calcium	159 mg
Iron	2 mg		

Notes: Nutrition values are approximate and will vary with specific ingredients and dressing choices.