

Treasure Barrel

Easy Classic Chef Salad

Quick and fresh chef salad with turkey, cheese, boiled eggs, and garden veggies.

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Salad** Course

Ingredients

Salad Base

- [ ] 1 head romaine lettuce, chopped
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cup cucumber, diced
- [ ] 1/4 cup red onion, thinly sliced

Protein & Cheese

- [ ] 2 cups cooked turkey breast, sliced
- [ ] 1/2 cup cheddar cheese, cubed
- [ ] 4 hard-boiled eggs, sliced

Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] Salt and pepper to taste

Instructions

1. Wash and dry the lettuce, then tear into bite-size pieces in a large bowl.
2. Add the cherry tomatoes, cucumber, and red onion; give a gentle toss.
3. In a small jar, whisk together olive oil, lemon juice, mustard, salt, and pepper.
4. Drizzle the dressing over the greens, toss lightly, then layer the turkey, cheese, and sliced eggs on top.
5. Serve immediately, or cover and chill for up to 30 minutes for a cooler salad.

Nutrition per serving

280 kcal	23 g	12 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer flavor, add a touch of honey to the dressing.
- For extra crunch, sprinkle toasted sunflower seeds just before serving.
- Feel free to swap turkey with grilled chicken or a plant-based alternative.