

Cobb Salad with Herb-Rubbed Chicken

Try this satisfying salad recipe for an updated version of the classic Cobb. Kale, feta and strawberries give this chicken salad a colorful upgrade.

By **Gaby Dalkin** | Updated on September 30, 2025

Prep Time: 35 mins

Additional Time: 10 mins

Total Time: 45 mins

Servings: 4

Yield: 8 cups

Nutrition Profile:

Low-Carb Nut-Free Healthy Aging Healthy Immunity Low-Sodium Soy-Free Gluten-Free Low-Calorie

Ingredients

Chicken

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon dried rosemary
- ½ teaspoon ground pepper
- ¼ teaspoon kosher salt
- 2 (8 ounce) boneless, skinless chicken breasts, trimmed

Vinaigrette

- ⅓ cup extra-virgin olive oil
- ¼ cup lemon juice
- 2 teaspoons champagne vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper

Salad

6 cups baby kale

2 medium ripe avocados, sliced

2 large hard-boiled eggs, sliced

2 slices cooked bacon, crumbled

½ cup crumbled feta cheese

10 medium strawberries, quartered

Directions

Step 1

Preheat grill to medium-high.

Step 2

To prepare chicken: Combine 1 tablespoon oil, garlic powder, thyme, oregano, rosemary, 1/2 teaspoon pepper and 1/4 teaspoon salt in a small bowl. Rub the mixture over chicken.

Step 3

Oil the grill rack. Grill the chicken until an instant-read thermometer inserted in the thickest part registers 160 degrees F, 5 to 6 minutes per side. Transfer the chicken to a clean cutting board and let rest for 10 minutes. Slice.

Step 4

To prepare vinaigrette: Whisk oil, lemon juice, vinegar, salt and pepper in a small bowl.

Step 5

To assemble salad: Arrange kale, avocados, eggs, bacon, feta, strawberries and the chicken on a large platter. Serve with the vinaigrette.

Nutrition Facts

Per serving: **Serving Size 2 cups** 412 calories; total carbohydrate 11g; dietary fiber 6g; total sugars 2g; protein 23g; total fat 32g; saturated fat 7g; cholesterol 117mg; vitamin a 1431iu; vitamin c 30mg; folate 76mcg; sodium 470mg; calcium 197mg; iron 2mg; magnesium 43mg; potassium 687mg