

# Protein Packed Chef Salad:

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It is easy to forget that we can create a fabulous Chef Salad at home. We have many things in our pantry that we can go ahead and use in our chef salad. In addition to our cheeses and hams or turkey cold cuts, we can add any of the following ingredients and make a nice salad dressing.

You can use anything from your pantry or just a simple vinaigrette. Go ahead and get creative!

Canned Beans (of any kind)

Roasted Red Peppers in a jar

Hearts of Palm

Olives of any kind

Canned Corn

Canned Beans

Canned String Beans

Fried Onions in a bag

Nuts of any kind

Assemble your bed of lettuce, preferably Romaine and proceed to add all of your pantry ingredients and top with strips of ham or cheese cubes as well as hard boiled eggs add anything you find in your pantry that you might enjoy. Top with finely chopped parsley or cilantro.