



# Spicy Grilled Chicken Cobb Salad

## A Salad with a Little Kick

This is not a quiet, shy salad. It has stories to tell. The chicken is spicy and full of flavor. The cool, creamy dressing helps calm everything down.

I love how all the different parts work together. It is like a good family gathering. Everyone is different, but they all get along so well. That is why this matters. Food is about balance.

## The Chicken's Secret Bath

Do not be scared of the chipotle peppers. They give the chicken a

smoky warmth. Let the chicken sit in that marinade for a whole hour. It makes all the difference.

I remember my grandson trying it for the first time. His eyes got wide. He said, Wow, Grandma, that's alive! I still laugh at that. What is a food that surprised you with its flavor?

## **Making the Cool Dressing**

While the chicken rests, we make the dressing. Just whisk everything in a bowl. The sour cream and mayo make it so smooth.

A little lime juice adds a happy little zing. Does not that smell amazing? This creamy dressing is the perfect partner for our spicy chicken. It shows that opposites attract.

## **Building Your Salad Bowl**

Now for the fun part. Lay out your pretty greens. Then add all your colorful toppings. Think of it as painting with food.

You get red tomatoes, green avocado, and yellow corn. Fun fact: The corn adds a sweet crunch that is just wonderful. Do you like to arrange your food neatly or mix it all up?

## **Why This Meal Feels So Good**

This salad is a full meal in one bowl. You have your protein from the chicken and eggs. You have lots of fresh veggies too.

That is why this matters. Eating well should be a joy, not a chore. When food tastes this good, it feeds your body and your spirit. What is your favorite everything in one bowl meal?



## Spicy Grilled Chicken Cobb Salad

### Ingredients:

Ingredient	Amount	Notes
Boneless, skinless chicken breasts	1 ½ pounds	cubed
Chipotle peppers in adobo sauce	½ can (3.5 ounces)	blended or finely chopped
Garlic	4 teaspoons	minced
Extra virgin olive oil	5 tablespoons	divided
Ground coriander	2 teaspoons	
Cumin	2 teaspoons	
Kosher salt	2 teaspoons	
Mayonnaise	½ cup (115 g)	
Sour cream	½ cup (115 g)	
Whole milk	2 tablespoons	
Lime juice	1 tablespoon	
Garlic powder	1 teaspoon	
Onion powder	½ teaspoon	
Chipotle powder	½ teaspoon	
Kosher salt	¼ teaspoon	
Spring mix salad blend	1 container (10 ounces)	
Avocado	1 whole	diced
Cherry tomatoes	1 cup (149 g)	halved
Sweet corn	1 cup (165 g)	
Red onion	½	finely diced
Hard-boiled eggs	3 large	sliced or chopped



Ingredient	Amount	Notes
Mini cucumbers	2	sliced or diced
Monterey Jack cheese	½ cup (56.5 g)	shredded



## Spicy Grilled Chicken Cobb Salad

# My Spicy Gricy Cobb Salad Story

I first made this salad for a big family picnic. My grandson said it was “gricy” – grilled and spicy. The name just stuck. I still laugh at that. It’s now our favorite summer meal. It feels fancy but is so simple to put together.

See also [Nashville Hot Chicken Style Sauce Recipe](#)

The secret is in the chicken marinade. That little can of chipotle peppers is magic. It makes the chicken smoky and warm, not too hot. Letting it sit for an hour is important. It makes all the flavors become friends. Doesn’t that smell amazing?

**Step 1:** Let’s make the chicken cozy. Mix the chipotle peppers, garlic, oil, and spices in a bowl. It will look like a thick, red paste. This is where the flavor starts. I always think of my garden when I smell the coriander.

**Step 2:** Now, add your cubed chicken to the bowl. Toss it all together until every piece is coated. Cover the bowl and let it nap in the fridge. An hour is perfect. (My hard-learned tip: set a timer so you don’t forget it!).

**Step 3:** Time to cook! Heat oil in a big pan over medium heat. Add the chicken carefully. Cook it until it’s browned and cooked through. It usually takes about ten minutes. I use this time to start the dressing.

**Step 4:** The dressing is so easy. Just whisk everything in a bowl. The sour cream and mayo make it creamy. The lime juice gives it a little zing. **Do you prefer creamy or vinaigrette dressings? Share**

**below!**

**Step 5:** Let's build our salad! Put the greens on a big platter. Then, artfully arrange all the other bits and pieces. I love the bright colors of the tomatoes and corn. Finally, pile that warm, spicy chicken right on top.

**Cook Time:** 15 minutes

**Total Time:** 1 hour 15 minutes

**Yield:** 4 servings

**Category:** Dinner, Salad

## Three Fun Twists on Our Salad

This recipe is like a good friend. It's happy to change things up. Don't be afraid to play with your food. I do it all the time. Here are some of my favorite ways to mix it up.

**Black Bean Fiesta:** Skip the chicken. Use a can of black beans instead. Rinse them well. It makes a wonderful vegetarian lunch that still fills you up.

**Sweet & Smoky Swap:** Use cubed sweet potatoes. Roast them with the same spices. The sweetness with the smoky chipotle is a dream. My neighbor gave me that idea.

See also [Slow Cooker Sausage, Potatoes, and Cabbage Recipe](#)

**Everything Bagel Style:** Swap the cheese for crumbled bacon. Use a creamy ranch dressing. Sprinkle everything bagel seasoning on top. It's a whole new experience.

**Which one would you try first? Comment below!**



## Serving It Up Just Right

This salad is a full meal on its own. But I love making it feel special. For a pretty plate, arrange everything in rows. You see all the beautiful colors that way. I sometimes add warm, crusty bread on the side. It's perfect for wiping the plate clean.

What to drink? For a cozy night, a cold lager tastes wonderful with the spice. For a refreshing choice, try sparkling water with a squeeze of lime. It cleans your palate between bites. **Which would you choose tonight?**



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# Keeping Your Salad Fresh and Tasty

Let's talk about storing this lovely salad. Keep the dressing separate from everything else. Store it in a little jar in the fridge.

You can keep the chicken and chopped veggies in one container. The greens should go in their own bag. This keeps everything crisp for two days.

I once put the dressing on right away. The whole salad was soggy by lunch. We had to eat it with a sigh!

Batch cooking the chicken is a smart move. Make a double portion on Sunday. It makes weeknight dinners so much easier.

This matters because a good plan saves time and food. You will always have a healthy meal ready. **Have you ever tried storing it this way? Share below!**

# Simple Fixes for Common Salad Troubles

Is your chicken dry? You might have cooked it too long. Take it off the heat at 165 degrees.

Let it rest for five minutes before you slice it. This lets the juices settle back in. I remember when I learned this trick.

My chicken went from tough to tender. Getting this right builds your cooking confidence. A juicy chicken piece makes the whole salad better.

Is the dressing too spicy for the kids? Just use less chipotle powder. You

can always add more later.

Are your avocado slices turning brown? A squeeze of lime juice will slow it down. This keeps your salad looking pretty. **Which of these problems have you run into before?**

## Your Quick Questions, Answered

**Q: Is this recipe gluten-free?** A: Yes, it is! All the ingredients are naturally safe.

**Q: Can I make any of it ahead?** A: You can cook the chicken and eggs a day early. Just chop the veggies fresh.

**Q: What if I don't have sour cream?** A: Plain Greek yogurt works just as well. It is a perfect swap.

See also Spicy Chipotle Chicken Skillet

*Fun fact: The Cobb salad was invented by a restaurant owner in Hollywood!* You can use any cheese you like. Cheddar or feta are both tasty.

**Q: Can I make a smaller portion?** A: Of course! Just cut all the ingredients in half. **Which tip will you try first?**

## A Note From My Kitchen to Yours

I hope you love making this colorful salad. It is a feast for the eyes and the belly.

I would be so happy to see your creation. Sharing food is one of life's great joys.



**Have you tried this recipe? Tag us on Pinterest!** Show me your beautiful plates. It makes my day to see them.

Happy cooking! —Elowen Thorn.

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# **Spicy Grilled Chicken Cobb Salad**

Author: Elowen Thorn



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Cooking Method: [Stovetop Grilling](#)



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Cuisine: [American](#)





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## Spicy Grilled Chicken Cobb Salad | 22

Difficulty: **Beginner**



## Spicy Grilled Chicken Cobb Salad | 23

Prep time: **15 minutes**



## Spicy Grilled Chicken Cobb Salad | 24

Cook time: **12 minutes**



## Spicy Grilled Chicken Cobb Salad | 25

Marinate time: **1 hour**



## Spicy Grilled Chicken Cobb Salad | 26

Total time: **1 hour 27 minutes**





## Spicy Grilled Chicken Cobb Salad | 27

Servings: **4 servings**



## Spicy Grilled Chicken Cobb Salad | 28

Calories: **691 kcal**

Best Season: **Summer**

## **Description**

A hearty and flavorful salad featuring spicy grilled chicken, fresh

vegetables, hard-boiled eggs, and a creamy chipotle dressing.

## Ingredients

- ☐ 1 ½ pounds boneless, skinless chicken breasts, cubed
- ☐ ½ can (3.5 ounces) chipotle peppers in adobo sauce, blended or finely chopped
- ☐ 4 teaspoons garlic, minced
- ☐ 5 tablespoons extra virgin olive oil, divided
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons cumin
- ☐ 2 teaspoons kosher salt

### **\*\*Dressing\*\***

- ☐ ½ cup (115 g) mayonnaise
- ☐ ½ cup (115 g) sour cream
- ☐ 2 tablespoons whole milk
- ☐ 1 tablespoon lime juice
- ☐ 1 teaspoon garlic powder
- ☐ ½ teaspoon onion powder
- ☐ ½ teaspoon chipotle powder
- ☐ ¼ teaspoon kosher salt

### **\*\*Salad\*\***

- ☐ 1 container (10 ounces) Spring mix salad blend
- ☐ 1 whole avocado, diced
- ☐ 1 cup (149 g) cherry tomatoes, halved
- ☐ 1 cup (165 g) sweet corn
- ☐ ½ red onion, finely diced
- ☐ 3 large hard-boiled eggs, sliced or chopped

- □ 2 mini cucumbers, sliced or diced
- □ ½ cup (56.5 g) Monterey Jack cheese, shredded

## Instructions

1. In a medium bowl, combine the chipotle peppers, garlic, 3 tablespoons olive oil, coriander, cumin, and salt. Stir until well combined.
2. Add the cubed chicken to the bowl, tossing to coat evenly. Cover with plastic wrap and refrigerate for at least 1 hour (or up to 2 hours for a deeper flavor).
3. To a large skillet over medium-high heat, add the remaining 2 tablespoons of olive oil. Once the oil is hot, add the marinated chicken. Cook, stirring occasionally, until the chicken is browned, and fully cooked, reaching an internal temperature of 165°F, about 10–12 minutes. Remove the chicken from the skillet and let it rest.
4. While the chicken is cooking, prepare the dressing. In a medium bowl, whisk together the mayonnaise, sour cream, milk, lime juice, garlic powder, onion powder, chipotle powder, and salt.
5. To assemble the salad, place the mixed greens on a serving platter or in a large bowl. Arrange the diced avocado, halved cherry tomatoes, corn, red onion, eggs, cucumbers, and shredded Monterey Jack cheese over the greens.
6. Top the salad with the cooked chicken.
7. Drizzle the chipotle dressing over the salad, or serve it on the side.

## Notes

For a less spicy salad, reduce the amount of chipotle peppers in the marinade. The dressing can be made ahead of time and stored in the refrigerator.

Keywords:Chicken, Cobb Salad, Spicy, Chipotle, Healthy, Lunch