



Caribbean Cobb Salad



Entire recipe: 345 calories, 9.5g total fat (1.5g sat. fat), 585mg sodium, 25.5g carbs, 8g fiber, 16g sugars, 39g protein

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Prep: 10 minutes

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Ingredients

- 2 cups coleslaw mix
- 2 cups chopped romaine lettuce
- 3 oz. cooked and chopped skinless chicken breast cutlet
- 1 tbsp. sesame ginger dressing with about 35 calories per 2-tbsp. serving (like Newman's Own), or more for topping
- 1/2 cup halved cherry tomatoes
- 1/4 cup canned pineapple chunks packed in water, drained
- 2 large hard-boiled egg whites, chopped
- 1 oz. (about 2 tbsp.) chopped avocado
- 1 tbsp. precooked crumbled bacon
- Optional topping: pineapple salsa

Directions

- Place slaw and lettuce in a large bowl.
- In a small bowl, coat chicken with dressing, then transfer to the large bowl.
- Top salad with all remaining ingredients.

MAKES 1 SERVING

HG Heads Up! Can't find canned pineapple chunks packed in water? You can use pineapple packed in its own juice or fresh pineapple chunks!

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