



Chicken Cobb Lettuce Boats



1/2 of recipe (2 lettuce boats): 261 calories, 12.5g total fat (4g sat. fat), 628mg sodium, 7g carbs, 2.5g fiber, 3.5g sugars, 28g protein

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Prep: 10 minutes



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Ingredients

- 4 medium-large romaine lettuce leaves
- 4 oz. cooked and chopped skinless chicken breast
- 1/4 cup chopped tomato
- 2 large hard-boiled egg whites, chopped
- 3 tbsp. [crumbled precooked bacon](#)
- 3 tbsp. crumbled blue cheese
- 2 tbsp. light vinaigrette dressing
- 1 1/2 oz. (about 3 tbsp.) chopped avocado

Directions

Place lettuce leaves on a plate.

Top with remaining ingredients.

MAKES 2 SERVINGS

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