



HG's Crazy for Cobb Salad



Entire recipe: 325 calories, 11g total fat (3g sat. fat), 730mg sodium, 16.5g carbs, 6g fiber, 9g sugars, 41g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

One 4-oz. raw boneless skinless chicken breast cutlet, pounded to 1/2-inch thickness
1/2 tsp. salt-free seasoning (like [Mrs. Dash Original](#))
4 cups chopped romaine lettuce
1/2 cup chopped and seeded tomato
2 large hard-boiled egg whites, chopped
1 tbsp. crumbled blue cheese
1 tbsp. pre-cooked crumbled bacon
1/2 oz. (about 1 tbsp.) chopped avocado
2 tbsp. low-fat vinaigrette dressing

Directions

Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Season chicken with seasoning and sauté until cooked through, about 3 minutes per side.

In a large bowl, combine lettuce with remaining ingredients *except* dressing.

Slice chicken and add to the salad. Top with dressing, or serve with dressing on the side.

MAKES 1 SERVING

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