



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.