

# LITE COBB SALAD



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## Ingredients

Yield: 3-4 servings

- One bag romaine lettuce
- 1 lb lean, boneless, skinless chicken breasts, grilled and chopped
- 3 hardboiled eggs (use egg whites only)
- 6-8 strips turkey bacon, chopped and cooked crisp
- 1 large avocados, chopped
- 1/4 red onion, diced
- 1 large tomatoes, diced
- 1/2 c shredded low fat 2% Monterrey and Colby cheese
- Lite salad dressing of choice

## Directions

1. Cook turkey bacon until crisp. Season chicken as desired. Grill chicken or cook in pan.
2. Add lettuce to a large bowl. Top with cooked and chopped chicken, crisp turkey bacon, chopped hardboiled egg whites, avocados, onion, tomatoes and low fat cheese.
3. Combine lemon zest, red wine vinegar and agave syrup for salad dressing to a small bowl. Whisk in olive oil. Add salt and pepper.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/4	300	11 g	38 g	5 g	455 mg

Carbohydrate Exchanges: 1/3