



Cobb Salad

6 cups romaine heart lettuce, chopped
1 ripe avocado, diced
1# chicken breast, boneless, skinless, cooked, cubed
2 vine-ripe tomatoes, chopped
2 hard-boiled eggs, peeled and sliced

Place lettuce on a salad plate and top with remaining ingredients. Top with favorite light salad dressing. Makes 6 servings.

Nutrition information per serving: 211 calories, 28 grams protein, 9 grams fat, 6 grams carbohydrate, 96 mg sodium.

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