

Layered Cobb Salad

Ingredients

4 hard-cooked large eggs
10 cup *shredded* red leaf lettuce leaves
1 cup chopped cooked chicken breast, cut into bite-size pieces (use from a rotisserie chicken from your local supermarket, to save prep time. Use the leftover chicken for another meal!)
1 pint grape or cherry tomatoes, halved
1 English cucumber chopped (do not need to peel the skin)
1 diced peeled avocado
1/2 cup crumbled blue cheese
1/3 cup real bacon crumbles (in the salad-dressing aisle)
2/3 cup prepared reduced-fat vinaigrette (I'm partial to Newman's Own Balsamic Vinaigrette)
Freshly ground black pepper (optional)

Preparation

1. Remove shells from eggs and dice 2 of the eggs.
Discard yolks from remaining 2 eggs and chop the whites; set aside.
2. In a large glass bowl, layer ingredients, beginning with lettuce, then chicken and next 5 ingredients (through bacon) for a party. Or divide among 6 salad plates for a Summer's lunch.
3. Drizzle dressing over salad, and sprinkle with freshly ground pepper, if desired.

Yield

Makes 6 servings (Serving size: about 2 3/4 cups salad)

Nutritional Information

CALORIES 271; FAT 18g (sat 4.5g, mono 6g, poly 1g); PROTEIN 18g; CHOLESTEROL 103mg;
CALCIUM 109mg; SODIUM 646mg; FIBER 4g; IRON 2mg; CARBOHYDRATE 11g

Adapted from *Health Magazine*, by Chef Katt