

Green Goddess Cobb Salad



Hands-On Prep 20 MIN

Cook NONE

Serves 4

1 To make the dressing, put the yogurt, mayonnaise, parsley, chives, scallion, vinegar, salt, and pepper in a blender and pulse until smooth.

2 Scatter the lettuce and arugula over a platter. Top with neat rows of the turkey, egg whites, avocado, tomatoes, and bacon.

3 Drizzle half the dressing over the salad and serve at once, with the remaining dressing on the side.

PER SERVING (1½ cups with about 2 tablespoons dressing): 224 Cal, 8 g Fat, 2 g Sat Fat, 0 g Trans Fat, 56 mg Chol, 580 mg Sod, 12 g Carb, 3 g Fib, 26 g Prot, 110 mg Calc. **POINTS** value: 5.

Try It We prefer Hass avocados for this recipe, the avocados with the distinctive black pebbly skin. Hass avocados contain slightly more fat than the smaller green-skinned types, which are grown in Florida, but their buttery taste and velvety texture justify their few extra calories.

- ½ cup plain fat-free yogurt
- ¼ cup fat-free mayonnaise
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh chives
- 1 scallion, chopped
- 1 teaspoon red-wine vinegar
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- ½ small head iceberg lettuce, chopped (about 3 cups)
- 1 bunch arugula, chopped (about 1 cup)
- ½ pound skinless cooked turkey breast, sliced
- 3 hard-cooked egg whites, chopped
- ½ medium Hass avocado, pitted, peeled, and chopped
- 2 tomatoes, seeded and chopped
- 4 crisp-cooked turkey-bacon slices, coarsely chopped