

Cobb Salad



light meals

POINTS® Value: 6
Servings: 4
Preparation Time: 15 min
Cooking Time: 0 min
Level of Difficulty: Easy

Cobb salads are typically swimming in fat and calories. But with simple substitutions, you can enjoy this diner staple without alerting the nutrition cops.

Ingredients

8 cup(s) romaine lettuce, chopped
1/2 pound(s) deli-sliced turkey, cut into thin strips
1/4 pound(s) low-fat Swiss cheese, cut into thin strips
1 large tomato(es), diced
8 slice(s) cooked crisp turkey bacon, crumbled
2 large egg(s), hard-boiled, diced
1/2 cup(s) fat-free blue cheese dressing

Instructions

Arrange lettuce in 4 salad bowls. Evenly divide turkey, cheese, tomato, bacon and egg among bowls.

Spoon 2 tablespoons of dressing over each salad just before serving. Yields 1 salad per serving.

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