

ROTISSERIE CHICKEN COBB SALAD

Serves 4

INGREDIENTS

2 Tbsp Olive oil

2 Tbsp Red Wine Vinegar

Salt and Pepper to Taste

2 Tomatoes, diced

3 cups shredded rotisserie chicken

1 Avocado, diced

4 slices of Bacon, cooked and chopped

¼ crumbled blue cheese (substitute any cheese you prefer)

6 cups Lettuce, chopped

1 egg, hardboiled and grated

DIRECTIONS

Step 1

In a large bowl, combine oil and vinegar with salt and pepper. Stir in tomatoes.

Step 2

Stir in chicken, avocado, bacon and cheese.

Step 3

Serve over lettuce and top with grated egg. Enjoy!

NUTRITION

Calories: 425

Fat: 20g

SHOPPING LIST

Red Wine Vinegar

Tomatoes

Rotisserie chicken

Avocado

Bacon

Blue Cheese

Lettuce

Egg

Saturated Fat: 9g

Protein: 27g

Carbohydrates: 12g

Fiber: 5g

Sodium: 955mg

Adapted from Prevention Magazine. 2022.