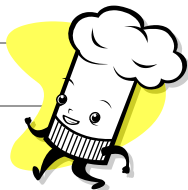


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# Cobb Salad

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*Makes 4 servings, 3 ½ cups each.*



## **Ingredients:**

- 1lb. Boneless, skinless chicken breast, trimmed
- 2 Slices bacon regular or turkey (optional)
- 12 Cups washed, dried and torn romaine lettuce
- 2/3 Cup Blue Cheese Dressing (recipe follows ) or low fat dressing
- 3 Vine-ripened tomatoes, seeded and diced

## **Directions:**

1. Place chicken in a skillet or saucepan and add salted water to cover. Bring to a simmer over medium heat. Cover, reduce heat to low and simmer gently until chicken is no longer pink inside, 10 mins. Put chicken and poaching liquid in a shallow bowl. Cover and refrigerate, letting meat cool in the liquid.
2. Meanwhile, cook bacon in a skillet over medium heat until crisp, turning occasionally, 7 mins. Drain on paper towels and coarsely crumble.

3. Cut cooled chicken into ½ inch dice
4. Toss lettuce in a large bowl with 1/3 cup dressing. Divide among 4 plates.
5. Arrange chicken, bacon, and tomatoes over lettuce and drizzle remaining 1/3 cup dressing. Serve immediately

**Tip: For a healthier alternative replace with a low-fat Blue Cheese dressing**