



Health Nut Cobb Salad

- 8 cups romaine lettuce, torn into bite-size pieces
- 4 cups arugula or watercress leaves (optional)
- 1/4 cup low-fat ranch dressing
- 1 cup diced chicken breast
- 1/2 cup diced tomatoes
- 1 small avocado, cut into 1/2-inch cubes
- 1 hard-cooked egg, grated or chopped
- 1 tablespoon chopped chives
- 1/4 cup blue cheese crumbles
- 1/2 cup Almond Accents® Ranch Style Flavor



Preparation Time : 15 minutes

In large bowl, gently toss lettuce and arugula (or watercress) with ranch dressing until evenly coated. Transfer to serving dish or 4 plates. Top with chicken, tomatoes and avocado; sprinkle with Almond Accents, egg, cheese and chives.

Serves 4

Nutrition Information Per Serving: 315 calories; 22 g fat; 93 mg cholesterol; 445 mg sodium; 14 g carbohydrate; 6 g fiber; 17 g protein

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