

**SERVES 4**

Nutrition Facts (without dressing): 290 calories, 16g fat, 5g saturated fat, 420mg sodium, 18g carbohydrates, 7g fiber, 21g protein

Ingredients

6 cups romaine lettuce, chopped
2 cups baby spinach
2 medium tomatoes, diced
4 slices reduced sodium bacon, cooked and chopped (optional)
2 hard-boiled eggs, whites only, chopped
½ cup low-sodium canned chickpeas, rinsed and drained
1 avocado, diced
1 6-ounce skinless chicken breast, cooked and diced
¼ cup (~1 ounce) bleu cheese, crumbled
¼ cup (~1 ounce) reduced fat feta cheese, crumbled

COBB SALAD

Directions

- 1.** In a large bowl, toss the romaine and spinach. Divide greens onto 4 separate plates or bowls.
- 2.** Top each with a row of each: tomatoes, crumbled bacon, chopped egg, chickpeas, avocado, chicken, and cheese.
- 3.** Top each salad with dressing of choice and serve.