

SPOTLIGHT RECIPE



BARBECUE CHICKEN COBB SALAD

- Heat the oven to 350 F.
- Brush the chicken with 1 tablespoon barbecue sauce and place in a small baking dish sprayed with nonstick spray. Bake for 25 minutes or until the chicken reaches 165 F or there is no pink inside.
- Meanwhile, cook the bacon according to the package directions.
- Place the romaine in a bowl or on a plate, top with the other ingredients and drizzle with the remaining tablespoon of barbecue sauce.

Ingredients

Serving: 1

- 3 ounces boneless, skinless chicken breast
- 2 tablespoons barbecue sauce, divided (your favorite store brand)
- 2 slices turkey bacon, chopped
- 1 1/2 cups chopped romaine lettuce
- 1 hardboiled egg, egg whites only, chopped
- 1/4 cup grape tomatoes, chopped
- 1/4 avocado, chopped

