

## Mini Cobb Salad with Avocado Dressing

Whether you're counting calories or not, using turkey-style bacon and less blue cheese is a simple way to reduce the calories and fat in this classic main course salad. Topped off with a refreshing avocado dressing, this salad is sure to please!

**Serving:** 4  
**Prep Time:** 35 minutes

### Ingredients

#### Avocado Dressing:

1	small ripe avocado, peeled, pitted and diced
2 tbsp (30 mL)	olive oil
	juice of ½ lemon
1	clove garlic, minced
½ tsp (2 mL)	ground cumin
¼ tsp (1 mL)	salt
Dash	cayenne pepper
¼ cup (50 mL)	water

#### Salad:

6 cups (1.5 L)	coarsely chopped salad greens (iceberg, romaine etc.)
2 cups (500 mL)	diced cooked chicken
4	slices turkey-style bacon, cooked and chopped
2	tomatoes, cut into wedges
4	hard-cooked eggs, peeled and coarsely chopped
½ cup (125 mL)	thinly sliced red onion
2 oz (60 g)	blue cheese crumbled

### Directions

*Avocado Dressing:* In a blender or mini-chopper, blend avocado, oil, lemon juice, garlic, cumin, salt, cayenne pepper and water, until smooth. Thin dressing with additional water of desired.

*Salad:* Divide salad greens among individual plates. Place a mound of chicken in center of each. Arrange turkey-style bacon, tomatoes, egg wedges and red onion around chicken. Sprinkle with blue cheese. Drizzle with dressing just before serving.

**Variation:** Use diced ham in place of chicken and regular bacon in place of turkey-style bacon. Use shredded cheddar, Swiss, Gouda or your favourite cheese instead of blue cheese.

**Tip:** Purchase avocados ahead of time so that they can ripen at room temperature. Ripe avocados are slightly soft to the touch.

This dressing can also be used as a dip for fresh vegetables - just use less water.

Nutrients per serving (1/4 recipe): 446 calories, 28 g total fat, 718 mg sodium, 13 g carbohydrates, 6 g fibre, 36 g protein. Excellent source of vitamin A, riboflavin, niacin, folate, vitamin B12, vitamin C and zinc. Good source of thiamin, vitamin D, magnesium and iron.