

# Un-Cobb Salad

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Serves 1

## Ingredients:

- 1 head romaine lettuce, sliced into in 1-inch strips
- 1 (4 ounce) boneless, skinless chicken breast, cooked and chopped
- 1 mango, peeled and chopped
- ½ avocado chopped
- ½ tart apple, sliced
- ¼ cup dried cranberries
- 2 tablespoons of your favorite vinaigrette



## Directions:

1. Arrange ingredients on plate, placing lettuce down first.
2. Enjoy!

## Nutrition Information per serving:

Calories: 513, Total Fat: 12g, Saturated Fat: 2g, Unsaturated Fat: 10g, Cholesterol: 120mg, Sodium: 118mg , Carbohydrate 68g, Fiber: 8g, Sugar: 47g, Added sugar: 0g, Protein: 35g

**SOURCE:** [https://www.simplyrecipes.com/recipes/un\\_cobb\\_salad/](https://www.simplyrecipes.com/recipes/un_cobb_salad/)

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