



Southwest Cobb Salad

Prep: 20 minutes

Cook: 5 minutes • Serves: 4

- 4 slices low sodium turkey bacon, chopped
- 1 bag (10 ounces) hearts of romaine
- ½ cup yogurt-based ranch dressing such as classic ranch or salsa ranch
- 2 refrigerated hard-cooked eggs, chopped
- 2 Roma tomatoes, chopped
- 1 avocado, peeled, pitted and sliced
- 1 cup chopped leftover or cooked ham
- ⅓ cup drained and rinsed canned no salt added black beans
- ⅓ cup drained canned fire roasted corn
- ⅓ cup shredded reduced fat Mexican cheese blend
- ¼ cup roasted unsalted pepitas
- ¼ cup thinly sliced red onion

1. In large skillet, cook bacon over medium-high heat 5 minutes or until crisp, stirring occasionally; transfer to paper towel-lined plate to drain.

2. In large bowl, toss romaine and dressing.

3. Divide romaine mixture onto 4 plates; top with remaining ingredients and bacon.

Approximate nutritional values per serving (1 salad):

367 Calories, 23g Fat (5g Saturated), 141mg Cholesterol, 859mg Sodium, 20g Carbohydrates, 7g Fiber, 7g Sugars, 24g Protein

Dietitian's Dish

> Pepitas are raw pumpkin seeds, which are high in fiber (in their shell), magnesium and zinc. Magnesium aids in heart and bone health, lowers blood pressure and may help prevent migraines. Zinc has antioxidant and anti-inflammatory properties that help with metabolism.