

Cobb Salad Wraps

Serving size: 4

Ingredients:

8 ounces chicken breasts cooked and shredded
1/2 cup diced avocados
4 strips turkey bacon cooked and crumbled
1 rib celery thinly sliced
2 tablespoons crumbled blue cheese
2 tablespoons fresh lemon juice
1 tablespoon pure raw honey
1 1/2 teaspoons Dijon style mustard
1 clove garlic minced
1/4 teaspoon dill weed
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon extra virgin olive oil
5 leaves Romaine lettuce torn
4 whole wheat flour tortillas (8") warmed
1 medium tomato diced



Directions:

In a small bowl, combine the chicken, avocado, bacon, celery, onion, olives and cheese. In another small bowl, combine the lemon juice, honey, mustard, garlic, dill weed, salt, and pepper. Whisk in the oil. Pour over the chicken mixture; toss to coat. Place romaine on each tortilla; top with 2/3 c chicken mixture, then with tomatoes. Roll up each tortilla.

Tips:

- Add extra lettuce and ditch the wraps for a traditional salad.
- Swap out the chicken and turkey bacon for hard-boiled eggs if you don't eat meat.
- Skip the bacon if you're watching your sodium.
- Add shredded carrots or cucumber slices for an extra serving of vegetables.
- Substitute your favorite low-calorie dressing.
- Use turkey in place of chicken.