



Paleo Chicken Cobb Salad

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

389.6 calories, 10.69 g carbohydrate, 6.27 g fiber, 4.42 g NET carbs, 38.46 g protein, 22.22 g fat

Ingredients

- 2 ounce(s) Kite Hill Soft Fresh Original
- 2 -8oz. breast(s) pasture-raised chicken
- 10 cup(s) shredded organic romaine lettuce
- 4 large(s) organic, pasture-raised eggs
- 1 medium organic avocado, diced
- 20 organic grape(s) organic grape tomatoes
- 4 slice(s) pasture-raised bacon
- 1/4 small(s) red onion, sliced thin

Preparation

1. First, hard boil the eggs. Place eggs in a single layer in saucepan. Cover with at least one inch cold water over tops of shells. Cover pot with lid and bring to a boil over medium heat. As soon as water comes to a boil, remove from heat and let stand 15 minutes.
2. Meanwhile, poach chicken. Place chicken breasts in a pot in a single layer. Add filtered or spring water to cover the chicken by 1 inch. Bring the water to a boil. Reduce heat to a low simmer and partly cover the pot. Cook for 10 minutes, turn off the heat, and allow chicken to finish cooking in the hot water for 10 more minutes or until juices run clear.
3. While chicken and eggs are cooking, fry the bacon.
4. Peel chilled eggs and slice. Chop cooled chicken. Drain bacon and pat dry.
5. Divide lettuce, tomatoes, cucumber and avocado among serving dishes. Top with egg slices, chicken, bacon and Kite Hill cheese.
6. Serve with fresh pepper and dressing of choice.

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