Green Goddess Cobb Salad

HANDS-ON PREP 20 MIN
COOK NONE
SERVES 4

1. To make the dressing, put the yogurt, mayonnaise, parsley, chives, scallion, vinegar, salt, and pepper in a blender and pulse until smooth.

2. Scatter the lettuce and arugula over a platter. Top with neat rows of the turkey, egg whites, avocado, tomatoes, and bacon.

3. Drizzle half the dressing over the salad and serve at once, with the remaining dressing on the side.

PER SERVING (1 1/2 cups with about 2 tablespoons dressing): 224 Cal, 8 g Fat, 2 g Sat Fat, 0 g Trans Fat, 56 mg Chol, 580 mg Sod, 12 g Carb, 3 g Fib, 26 g Prot, 110 mg Calc. POINTS value: 5.

TRY IT. We prefer Hass avocados for this recipe, the avocados with the distinctive black pebbly skin. Hass avocados contain slightly more fat than the smaller green-skinned types, which are grown in Florida, but their buttery taste and velvety texture justify their few extra calories.